

ACL/PLC RECONSTRUCTION REHAB PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES | Goal Progression Check List (if participating) |
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| PHASE I 0-6 weeks | 0-4 weeks : TTWB in brace * 4-6 weeks: advance to full weight bearing as tolerated * | 0-4 weeks: Locked in full extension for ambulation and sleeping 4-6 weeks: Locked for ambulation, may unlock to achieved motion for sedentary positions. Continue for sleep If meniscus repair, refer to PT script* | 0-2 weeks: lock in extension 2-6 weeks: Advance slowly 0-90 If meniscus repair, refer to patients PT script* | E-stim, biofeedback Quad sets, 4 way patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core (Avoid VARUS STRESS) Hamstrings avoidance until 8 wks post-op Avoid prone hangs | |
| PHASE II 6-8 weeks | WBAT | Open to ambulate and wean out of brace when adequate quad control and normal gait Remove for sleeping | Progress active and passive ROM as tolerated | <ul style="list-style-type: none"> • Continue phase I • Gait training • May add prone hangs if extension lacking | Full ambulation without assistance: <ul style="list-style-type: none"> • VAS ≤ 5 (worst) & IKDC ≥ 30 • Knee extension PROM $\geq 0^\circ$ • Knee Flexion PROM $\geq 110^\circ$ • ≥ 30 SLR without quad lag • BESS (SL-FIRM) ≤ 5 MD APPROVAL |
| PHASE III 8-12 weeks | WBAT | Functional bracing dependent on patient activity and doctor recommendation | Progress to full | <ul style="list-style-type: none"> • Continue Phase I and II • Begin toe raises • May begin stationary bike with no resistance when motion allows • Begin closed chain exercises, mini squats (0-45), short arc quad (0-45), leg press (0-60) • Balance and proprioceptive exercises • Begin active hamstring exercises • Treadmill walking • Hip and core strengthening | |

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| <p>PHASE IV 12-24 weeks</p> | <p>Full</p> | <p>Functional bracing dependent on patient activity and doctor recommendation</p> | <p>Full</p> | <ul style="list-style-type: none"> • Advance closed chain strengthening • Progress proprioception activities • Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike • Stairmaster and swimming (flutter kick) okay at 14 weeks • Jog to run progression at 4 months | <p>Initiate Jogging Program:</p> <ul style="list-style-type: none"> • VAS \leq 3 (Worst) & IKDC \geq 60 • Knee extension PROM \geq 0° or symmetry • Heel Height Difference \leq 1 cm • Knee Flexion PROM \geq 120° • Overhead squat (FMS) \geq 2 • Single leg squats—Vail Test \geq 1 minute • MD APPROVAL |
| <p>PHASE V > 24 weeks</p> | <p>Full</p> | <p>Functional bracing dependent on patient activity and doctor recommendation</p> | <p>Full and pain- free</p> | <ul style="list-style-type: none"> • Continue and progress strengthening program based on goals and deficits • Agility progression when criteria met: side steps, crossovers, figure 8 running, shuttle run, one and two leg jumping, cutting, acceleration deceleration sprints, agility ladders • Initiate plyometric program as appropriate for patient goals • Initiate sport specific drills as appropriate • Gradual return to sports participation • Maintenance program | <p>Initiate Agility Training:</p> <ul style="list-style-type: none"> • VAS \leq 2 (Worst) & IKDC \geq 70 • Tampa Kinesiophobia Scale < 20 • Heel Height Difference \leq 1 cm • Quad & HS symmetry \geq 80% • Y Balance deficits < 4 cm (each direction) • Landing error scoring system \leq 5 • MD APPROVAL <p>FULL RETURN TO SPORT:</p> <ul style="list-style-type: none"> • VAS \leq 2 (Worst) & IKDC \geq 80 • Tampa Kinesiophobia Scale < 20 • Heel Height Difference \leq 1 cm • Quad & HS symmetry \geq 90% • HS/Quad strength ration \geq 55% • Symmetry for Hop testing \geq 90% • Agility Tests: agility T-test, Figure of 8 Test • Complete sports metrics • MD APPROVAL |