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MIDWEST  
ORTHOPAEDICS  
at RUSH



### **Post-Op Rehabilitation Guidelines for ACL Reconstruction**

- 0-2 Weeks: WBAT, Brace locked at 0 degrees for ambulation and sleeping  
D/C crutches when gait is non-antalgic  
ROM: 0-90° with emphasis on full extension  
Patella mobilization  
SLR supine with brace locked at 0 degrees, Quad Sets  
Ankle Pumps  
Short crank (90mm) ergometry
- 2-6 Weeks: Brace: unlocked when quad control is adequate  
discontinued brace when quad control is adequate (typically 4 weeks)  
ROM: 0-125 degrees (Maintain full extension)  
Active knee extension from 40 degrees  
Standard (170mm) ergometry (if knee ROM > 115 degrees)  
Leg Press (80-0 degree arc)  
Mini Squats / Weight Shifts  
Proprioception training  
Initiate Step Up program
- 6-14 Weeks: Progressive Squat program  
Initiate Step Down program  
Leg Press, Lunges  
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)  
Agility exercises (sport cord)  
Versaclimber/Nordic Track  
Retrograde treadmill ambulation
- 14-22 weeks: Begin forward running (treadmill) program when 8" step down satisfactory  
Continue Strengthening & Flexibility program  
Advance Sports-Specific Agility Drills  
Start Plyometric program
- > 22 weeks: Advance Plyometric program, Return to Sport (MD Directed)