

ACL Reconstruction (w/o meniscus repair)

PHASE I (0-2 weeks after surgery)

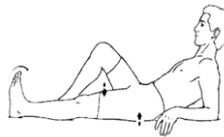
Goals	<ul style="list-style-type: none"> • Decrease swelling • Gain full extension • Progress to weight bearing as tolerated • Wean off crutches when able to perform straight leg raise (SLR) X 20 seconds
Precautions	<ul style="list-style-type: none"> • Keep incision clean and dry
Exercises	<ul style="list-style-type: none"> • Calf and hamstring stretches • Ankle pumps, heel slides, quad sets, SLR • Rolled towel under heel for extension stretch • Weight shifts
ROM Goals	<ul style="list-style-type: none"> • Full extension and 90 degrees flexion by 2 weeks • Full flexion will take longer; continue working on heel slides



Ankle Pumps



Heel Slide



Quad Sets



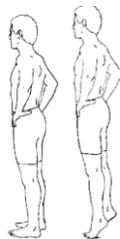
Straight Leg Raise



Extension Stretch

PHASE II (2-6 weeks)

Goals	<ul style="list-style-type: none"> • Full Active ROM • Normal Gait • Minimal swelling • Quadriceps muscle control
Precautions	<ul style="list-style-type: none"> • Avoid open kinetic chain exercises (i.e. leg extension, leg curl)
Exercises	<ul style="list-style-type: none"> • Stationary Bike • Calf raises, closed kinetic chain exercises, squats and lunges, single-leg balance, leg press, VMO and gluteal exercises • Core Strengthening
ROM Goals	<ul style="list-style-type: none"> • Full extension • Full Active Flexion



Calf Raise



Wall Squats



Lunge



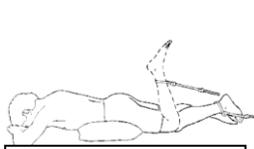
Balance



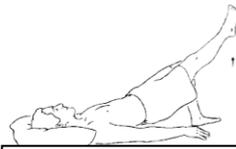
Hip Abduction

PHASE III (6-12 weeks)

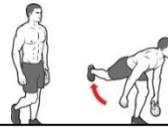
Goals	<ul style="list-style-type: none"> • Quad control with hopping and lunging • Increase lower extremity strength
Precautions	<ul style="list-style-type: none"> • Running may begin towards end of phase if good quad control, no swelling, no pain with jumping and lunging
Exercises	<ul style="list-style-type: none"> • Continue phase II exercises • Prone knee flexion including light weight • Bridging, progressing to performing single leg • Single leg dead lift • Hops – forward, backward, side to side, off a step



Hamstring Curls



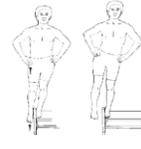
Single Leg Bridge



Single Leg Dead Lift



Step Ups



Step Downs

PHASE IV (3-6 Months)

Goals	<ul style="list-style-type: none"> • Running and endurance speed • Change of direction • Begin preparing for return to activity
Precautions	<ul style="list-style-type: none"> • Reduce activity if you notice an increase in swelling that is not manageable • Refrain from open chained leg extension • Must have good quad control before progressing to single leg hops, cutting, single leg agility
Exercises	<ul style="list-style-type: none"> • Running, progressing to sport specific sprinting • Controlled jumping • Sport specific agility and core strengthening

PHASE V (6 months +)

Goals	<ul style="list-style-type: none"> • Return to sport
Precautions	<ul style="list-style-type: none"> • Must practice with full participation without pain or swelling before returning competitively • Must perform single leg squat without weakness (shaking) • No effusion and good quad control
Exercises	<ul style="list-style-type: none"> • Full participation



Box Jumps



Deep Squat



Single Leg Squat