

ACL Reconstruction without Meniscus Repair			
<p><u>Phase 1: Wk 0-2 post op</u></p> <ul style="list-style-type: none"> ▪ WBAT in brace ▪ Cryocuff daily for 6-8 hours ▪ If ACL with meniscus repair, default to that program 	<p><u>Brace</u></p> <ul style="list-style-type: none"> ▪ Hinged knee brace locked at 0° when WB and sleeping and unlocked 0-90° when sitting 	<p><u>Strength Focus</u></p> <ul style="list-style-type: none"> ▪ Quad firing ▪ Gastroc ▪ Lateral hip ▪ Hamstring (if hamstring graft isometric only for 2 weeks) ▪ PWB work as tolerated 	<p><u>ROM Goals</u></p> <ul style="list-style-type: none"> □ 0 to 90 by 2 weeks ▪ Assist w/ manual therapy as needed
<p><u>Phase 2: Wk 2-6 post op</u></p> <ul style="list-style-type: none"> ▪ Progress to FWB if not already ▪ Ice after workouts or school 	<p><u>Brace</u></p> <ul style="list-style-type: none"> ▪ Hinged knee brace open for ambulation 0-90° if able to perform SLR x 10 reps without lag and ambulate without antalgia in office 	<p><u>Strength Focus</u></p> <ul style="list-style-type: none"> ▪ Quads ▪ Gastroc ▪ Lateral hip ▪ Hamstring ▪ Core/balance ▪ Begin single leg WB drills and increase bilateral WB drills 	<p><u>ROM Goals</u></p> <ul style="list-style-type: none"> □ 0-120 degrees by 4 weeks post op
<p><u>Phase 3: Wk 6-12 post op</u></p> <ul style="list-style-type: none"> ▪ No cutting, running, twisting or jumping outside of PT 	<p><u>Brace</u></p> <ul style="list-style-type: none"> ▪ D/C hinged knee brace if able to perform 10 single leg squats with good form ▪ MD/PT/family decision on ACL bracing 	<p><u>Strength Focus</u></p> <ul style="list-style-type: none"> ▪ Increase load on all strength work and focus on single leg work bilaterally ▪ Begin early jumping/plyo work on two legs if controlled 	<p><u>ROM Goals</u></p> <ul style="list-style-type: none"> □ Full ROM by 12 weeks □ Good hamstring, quad and calf flexibility
<p><u>Phase 4: 3-9 mo post op</u></p> <ul style="list-style-type: none"> ▪ Begin return to jogging progression if able to: single leg squat x 1 min, jog in place x 1 min, side step x 1 min, and jog in clinic w/o antalgia ▪ Progress to higher level plyo and speed work developing more strength/power in quads and hamstrings over this time frame 	<p><u>Brace</u></p> <ul style="list-style-type: none"> ▪ If indicated, ACL brace for activity outside office ▪ If indicated, wear brace in office when introducing new drills and go without once patient is proficient 	<p><u>Strength Focus</u></p> <ul style="list-style-type: none"> ▪ Straight line sprints after 4-5 months ▪ Continue agility progression ▪ Heavier load single leg work on both legs ▪ Sportsmetrics jump program progression 3x/week ▪ Lower extremity weight training at school, coordinate with ATC on site 	<p><u>Functional Goals</u></p> <ul style="list-style-type: none"> □ Return to Participation testing @ 7-9 months to include: <ul style="list-style-type: none"> ▪ Single leg hop test ▪ Triple hop ▪ Cross-over hop ▪ 6m timed hop ▪ Single leg vertical ▪ Quad circumference □ Must pass all tests at >90% to consider return to full sports progression

Once patient has passed all testing at 90% or better and MD has cleared to return to sports, a steady return to sports progression can begin with partial practice, leading to full practice, leading to full play. Contact sports are typically limited until all criteria are passed and the patient is at least 9 months post op.