



ACL Reconstruction

Brace locked in extension until Pt demonstrated adequate quad control to unlock brace (locked at -10° hyperextension if extension lag). Then unlocked 0°-90° until 4 weeks. Sleep with brace locked in extension ~ 2 weeks or until symmetrical active extension is achieved.

WBAT with 2 crutches. Wean from crutches when pain/swelling controlled and good quad activation

Phase 1 – Motion and mobility/graft protection

- Week 1-6**
- Patellar tendon and patellar complex mobilization emphasized for at least the first 6-8 weeks
 - Flexion and extension ROM with emphasis on symmetrical active hyperextension.
 - Quad sets and SLR (with NMES, biofeedback)
 - Open- and closed-chain terminal knee extension (TKE) Open-chain hip strengthening
 - Bike for motion starting at 1-2 weeks
 - Double-leg shuttle leg press for muscle activation no earlier than 4 weeks (0-60°)
 - Avoid squatting on an acutely inflamed knee.

Phase 2 – Endurance

- Week 7-12**
- Ensure full extension is maintained as closed-chain activities progress
 - Squat progression, including double and single leg squats with sport cord
 - Bridge, lunge and step-up progressions
 - Balance progression
 - Bike for cardiovascular fitness/quad endurance
 - Progress from double-leg to single-leg activities; from stable to unstable surfaces
 - Gradual initiation of frontal plane exercise

Phase 3 – Strength

- Week 13-20**
- Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
 - Initiate squat jump progression from shuttle to gravity dependent position
 - Advance plyometrics from bilateral to unilateral as patient demonstrates knee control
 - Emphasize deceleration and eccentric control
 - Pass sport cord test around 5 months to allow advanced agility progression to begin.

Phase 4 – Agility, Power, Return to Sport

- Week 20+**
- Sport-specific movement patterns practiced in supervised and controlled environment Graded re-integration into sport activities.

Return to Activities

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|------------------------|--|
| Running | Between 3-4 months when functional criteria met |
| Golf | Short irons at 4 months, full swing w/long irons at 5 months. Delay 4-6 weeks if lead leg. |
| Pivoting/cutting sport | When functional criteria are met and cleared by surgeon, typically 6 months at the earliest. |