



ACL Reconstruction Post-Operative Rehabilitation Protocol

0-2 Weeks:

- WBAT, Brace locked at 0° 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°, 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°
- Standard (170 mm) ergometry (if knee ROM > 115°)
- Leg press (80-0° 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°, 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
- **Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com





MIDWEST
ORTHOPAEDICS
AT RUSH

Nikhil N. Verma, MD

> 22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)
- **Lower Body Assessment when initiating return to activity progression.
Schedule via QR code or email spc@rushortho.com

