

ACL Reconstruction Rehab Timeline

Week 1:

Walking	Range of movement	Swelling	Strength
<ul style="list-style-type: none"> • With/without E/C • Relative rest 	<ul style="list-style-type: none"> • 0-90 • Towel ext stretch • Heel hangs • Towel flex stretch 	<ul style="list-style-type: none"> • Ice and Elevation 	<ul style="list-style-type: none"> • SQ's • Static Hams heel dig

If not getting full ext review week 2 for manual stretches

Week 3:

Criteria to progress:

Minimal swelling

Extension: **Equal hyper extension**

Flexion: aim for full comfortable range flexion

Able to mini squat 0-30

Indep gait without E/C

Walking	Range of Movement	Swelling	Strength	Gym
<ul style="list-style-type: none"> • Wean off E/C 	<ul style="list-style-type: none"> • Full hyper extension • Comfortable flexion 	<ul style="list-style-type: none"> • Ice and Elevation 	Intermediate exercises <ul style="list-style-type: none"> • Standing IRQ with ball • Clam • Wall slides • Calf raises • Balance 	<ul style="list-style-type: none"> • Swim - no breast stroke • Static Bike • Treadmill walking • Leg press

Week 6:

Criteria to progress:

Extension: **Equal hyper extension**

Flexion: Full

normal gait

min pain/swelling

Walking	Range of movement	Swelling	Strength	Gym
<ul style="list-style-type: none"> • Normal gait • Able to drive once seen by consultant 	<ul style="list-style-type: none"> • Full range • Equal sit backs - <i>if NO meniscal repair</i> 	<ul style="list-style-type: none"> • Minimal swelling 	<ul style="list-style-type: none"> • Hams in prone through range • Begin SLD • Bridge 	<ul style="list-style-type: none"> • Cross trainer • Leg press

Week 9:

Criteria to progress:

full range
normal gait
min pain/swelling
equal SLD

Walking	Range of movement	Swelling	Strength	Gym
<ul style="list-style-type: none">Normal gait	<ul style="list-style-type: none">Full rangeEqual sit backs - <i>if NO meniscal repair</i>	<ul style="list-style-type: none">Minimal swelling	Advanced exercises <ul style="list-style-type: none">Hams wobblesSLR with no lag (if clinically stable)	<ul style="list-style-type: none">Cycling outside on the flatLeg press

- If patient not achieving criteria for progression D/W senior

Week 12:

Criteria to progress:

full range
normal gait
min pain/swelling
equal SLD
SLR with no lag +4lb weight for 10 secs

Walking	Range of movement	Strength	Gym
<ul style="list-style-type: none">Normal gait	<ul style="list-style-type: none">Full rangeEqual sit backs - <i>if NO meniscal repair</i>	<ul style="list-style-type: none">Ballistic hamsLeg swingsAdvanced hams	<ul style="list-style-type: none">Quads benchHams bench

Week 15:

Criteria for Progression:

Test quads/hams strength on leg extension/curl bench - Passed if over 80% of non-op
Full ROM/Equal heel raises
Symmetrical sit backs/Good quality unsupported knee dips

Strength	Gym
<ul style="list-style-type: none">Quads/Hamstring test(If strength test passed patient can begin plyometrics and high weights bench)	<ul style="list-style-type: none">PlyometricsQuads bench } high weightHams bench } low reps

Week 18:

Criteria for Progression:

Plyometric test (over 85% of non-op leg on 4 hop test)
Passes quads/hams strength test (over 95% of non-op leg)

Discharge with sprint training programme.

Advised that: Quads/hams ratio over 85% of same leg (quads>hams) prior return to sport. No contact/competitive sport prior to 12 months