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ACL RECONSTRUCTION REHABILITATION PROTOCOL

Patient:

Date of Surgery:

Phase	Weight Bearing	ROM	Exercise and Goals (*)
Phase I: 0-2 Weeks (Max protection)	<ul style="list-style-type: none"> - PWB progress to WBAT. - Cease crutches when ambulating without limp 	<ul style="list-style-type: none"> - 0-90° (Focus on regaining full extension ASAP) 	<ul style="list-style-type: none"> - Extension: heel prop, prone hang - Flexion: heel slides - Quads: Straight leg raise/VMO - Patellar mobilization - Gastrocnemius stretch * Pain Relief/ Inflammation relief * Early ROM and Gait Training
Phase II: 2-6 Weeks (Progressive ROM)	WBAT Gait Training	<ul style="list-style-type: none"> - 0-120° - Regain full/symmetric hyperextension 	<ul style="list-style-type: none"> - Progress ROM exercises Hamstring stretching - Patellar mobilization - Light closed chain resistance * Inflammation control * Progress ROM * Normal gait and proprioception
Phase III: 6-12 Weeks (Strengthening & Proprioception)	WBAT	<ul style="list-style-type: none"> - Full ROM with terminal stretches. Pain free 	<ul style="list-style-type: none"> - Continue ROM exercises - Advanced closed chain strengthening - Proprioception drills - Exercise bike and treadmill - No running * Protect ACL * Retain extension * Muscle strength and control
Phase IV: 3-6 Months (Advanced Conditioning & Functional Drills)	WBAT	<ul style="list-style-type: none"> - Full ROM 	Full gym strengthening program Plyometric/jumping drills Straight plane running at 12 weeks * Continue strengthening * Cardiovascular endurance
Phase V: 6 Months & beyond (Return to Sports)	WBAT	<ul style="list-style-type: none"> - Full ROM 	<ul style="list-style-type: none"> - Agility Training - Sport specific activities * Gradual return to sports



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No hamstring stretches until 4 weeks

No hamstring strengthening until 6 weeks

With concurrent meniscal repair, NO Flexion > 90° for 6 weeks

Milestones (approximate):

Driving: usually 2-4 weeks (when affected leg can make emergency stop)

Work:	Sedentary/desk	1-3 weeks
	Light	4-8 weeks
	Medium	3 months
	Heavy	4-6 months

Sports:	Walking/stairs	1-2 months
	Light individual	3-4 months
	Jumping/pivoting	6 months
	High performance	6-9 months

Golf:	Short game	3 months
	Full swing	6 months

Special Instructions/Modifications to Protocol:

PLEASE SEE RE: REHAB as per PROTOCOL

THANK YOU!