

ACL REHABILITATION PROTOCOL

Dr Degenhardt

Attn: Pat Hall

Chemistry
autograft

ONE WEEK POST-OP

- ☐ Begin physical therapy 7-8 days post-op

ONE TO FOUR WEEKS POST-OP

- ☐ Physical therapy visits 2-3 times per week
- ☐ Ambulate with knee immobilizer full weightbearing as soon as pain permits
- ☐ Discontinue crutches as soon as pain permits
- ☐ Discontinue knee immobilizer as soon as patient can do a one-legged mini squat, balancing on operated leg, no hands for support
- ☐ No hamstring strengthening exercises
- ☐ Range of motion exercises emphasizing full extension to 0 degrees
- ☐ Gait training
- ☐ Stationary bicycle for range of motion (lower seat) and gentle strengthening (seat normal)
- ☐ Teach home program
- ☐ Closed-chain quad exercises

FOUR TO SIX WEEKS POST-OP

- ☐ Range of motion to 120 degrees of flexion, full extension and hamstring exercises
- ☐ Increase resistance on stationary bicycle

SIX TO TWELVE WEEKS POST-OP

- ☐ Patient exercises at home with fully-developed home program and full range of motion, emphasizing stationary bicycle

TWELVE WEEKS POST-OP

- ☐ Physical therapy to teach balance, proprioception and advanced strengthening exercise program

SIX MONTHS POST-OP

- ☐ Sports brace
- ☐ Physical therapy for agility and sports-specific exercises

NINE MONTHS POST-OP

- ☐ Competitive sports

Thomas C. Degenhardt, M.D.

TCD/mer