REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

• supervised physiotherapy is expected for approximately 2-6 months
• functional ACL brace to be worn immediately post-op or once able to fit, and continued for duration of rehab
• bathing/showering without brace after 14 days
• use crutches to weight bear for 2 weeks – may begin ambulating immediately post-op

PHASE I (WEEK 1–4)

• isometric hamstring & quadriceps exercises (if no meniscal repair)
• weight bearing as tolerated with axillary crutches | patellar mobilizations
• hip active ROM, foot and ankle exercises
• by 2-3 weeks – wean off crutches: to full weight bearing, no aids
• multi-angle quads sets | isometric hamstring exercises every 20° heel slide with active assisted flexion
• passive & active knee extension stretching
• functional electrical stimulation (for quads control, as needed)
• modalities for inflammation, as needed
• start closed kinetic chain exercises for quads, hamstrings & calf muscles
• start stationary bike (avoid hyperextension)
• start calf strengthening exercises in weight bearing
• can start pool rehab (open kinetic chain exercises may begin at week 4)

PHASE 2 (WEEKS 5–12)

• start treadmill (forward)
• proprioceptive exercises (start bilaterally and progress to unilateral)
• continue with closed kinetic chain exercises
• quads and hamstring exercises in weight bearing
• treadmill (start retro)
• continue to progress Closed Kinetic Chain exercises
• upgrade functional exercises
PHASE 3 (WEEKS 6-16)

- continue with ROM, strengthening, endurance and functional activities
- can initiate open kinetic chain exercises (to full knee extension)
- initiate plyometric program as appropriate for patient’s functional goals
- functional progression, including but not limited to:
  - walk/job progression
  - forward/backward running, 1/2, 3/4, full speed
  - cutting, cross-over drills, etc.
- Initiate sport-specific drills as appropriate for patient
- safe return to athletics
- maintenance of strength, endurance & proprioception
- use of functional ACL brace with sport activity - for completion of 6 months
- possible continuation of ACL brace at discretion of surgeon

SOURCES:

- Medcenter One Inc. (Academy of Sports Medicine and Exercise Physiology Services); Bismarck, North Dakota (from the internet)