

ACL RECONSTRUCTION POST-OP PROTOCOL	WEEK												MONTH					
	1	2	3	4	5	6	7	8	9	10	11	12	4	5	6	7	8	9
Immediate Post-Op Phase:																		
ROM: 0-60°	•	•																
Knee extension with heel prop	•	•																
Ankle Pumps	•	•																
Gluteal sets	•	•																
Quad Sets	•	•																
Heel Slides	•	•	•	•														
Hamstring and calf stretch	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Prone knee hangs		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
SLR or assisted SLR		•	•	•														
Prone terminal knee extension		•	•	•														
Wall slides			•	•	•													
Early Rehabilitation Phase:																		
ROM: 0-90°		•	•															
ROM: 0-105°			•	•														
ROM: 0-120°				•	•													
Side lying hip abduction		•	•															
Prone hip extension		•	•															
Core strengthening		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Balance and proprioception		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Sit to stands on a high surface			•	•														
Standing weight shifts AP/ML			•	•														
Stationary bike for ROM			•	•	•													
Double leg mini squats				•	•													
Progressive Strengthening/ Neuromuscular Control Phase:																		
ROM: at least 0-125°					•	•												
Single leg PWB squats					•	•												
Step ups					•	•												
Double leg squats to 90°						•	•											
Crabwalks						•	•											

Anterior step downs						•	•											
Balance + ball throws							•	•										
Proprioception on balance board							•	•										
Front/lateral lunges							•	•										
Early Functional Activity Phase																		
Foot work drills								•	•	•	•	•	•	•	•	•	•	•
Double leg hops								•	•									
Light plyometrics								•	•	•								
Advanced Functional Activity Phase																		
Sport specific training													•	•	•	•	•	•
Cutting drills													•	•	•	•	•	•
Pivoting drills														•	•	•	•	•
Return to Sport drills															•	•	•	•

- * For isolated ACLR weight bearing may be to tolerance in locked range of motion brace at 0 degrees (full extension) x 4 weeks
- **If with meniscus repair then toe touch weight bearing in locked range of motion brace at 0 degrees (full extension) x 4 weeks
- *** Brace is to be worn full time including sleep x 4 weeks. It may be removed for shower, home exercise, CPM and physical therapy.
At 4 weeks may wean from ROM brace if quadriceps control returns and able to perform a SLR in full terminal extension.