



JOSHUA ALPERT, MD

Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Knee - Arthroscopic ACL Reconstruction with Allograft

****Note:** *If there was a meniscus repair concomitant with the ACL reconstruction, please follow the meniscus repair protocol for the first 4 weeks.***

	Weight Bearing/ Brace	Exercise	Precautions	Criteria to Progress
PHASE I 0-4 weeks Full ROM okay	PWB 50% with crutches ----- - - Off crutches when ambulating safely - brace will be locked in extension until first appointment. PT may unlock brace to bend the knee.	<u>Plyometrics/Strength:</u> quad sets. SLR. ankle pumps. Active ROM. <u>Balance/Proprioception:</u> none <u>Conditioning/Agility:</u> stationary bike	- avoid pivoting and varus/valgus stress - no resisted open chain knee extension	Full passive extension. ----- Flexion >125°. ----- Full SLR. no lag. ----- No increased pain at graft site. -----
PHASE II 4-6 weeks Full ROM okay	FWB Unlocked brace	<u>Plyometrics/Strength:</u> once pt has good quad control: mini squats. Partial wall-slide. Toe raises. Standing ham curl. Hip abduction.	- avoid pivoting and varus/valgus stress - no resisted open chain knee extension	Normal gait without brace. ----- Full SLR. No lag -----

		<p><u>Balance/Proprioception:</u> weight shifts pre-gait training. Single leg standing. If advanced, WB/squat for symmetry</p> <p><u>Conditioning/Agility:</u> stationary bike</p>		<p>Stable pain rating. ----- No new swelling.</p>
<p>PHASE II 6-12 weeks</p> <p>Full ROM okay</p>	FWB, no brace	<p><u>Plyometrics/Strength:</u> progress to gym equipment. Initiate single leg progression</p> <p><u>Balance/Proprioception:</u> SL. standing on unstable surfaces like wobble board or foam. A/P, lateral. Star drill.</p> <p><u>Conditioning/Agility:</u> elliptical trainer. swimming.</p>	<p>- avoid pivoting and varus/valgus stress - no resisted open chain knee extension - no stairmaster/ impact exercise</p> <p>- avoid patellofemoral overload</p>	<p>Full ROM. ----- single leg step down 6" x5 reps. ----- SLWS 60° 5 sec hold x 5 rep. ----- Jog 100' no limp. ----- DL hop in place with good GR for 30 sec. ----- DL hop for distance.</p>
<p>PHASE III 12-16 weeks</p> <p>Full ROM okay</p>	Sports brace	<p><u>Plyometrics/Strength:</u> jump progression. Double limb, directional hops on flat, even surface AP/lat. Broad jump. Broad jump to vertical jump. Wall jumps.</p> <p><u>Balance/Proprioception:</u> SL standing on unstable surface like wobble board or foam. DL squats on foam/wobble/BOSU. Star drill.</p>	<p>- limit straight ahead jogging/ running with brace</p> <p>- patellofemoral precautions</p>	<p>Girth within 1/2" ----- single leg step down 6" x 10 reps. ----- SLWS 60° x10 reps ----- SL squat 60° x 10 reps ----- Run 100 yards with normal stride</p>

		<u>Conditioning/Agility:</u> jogging, flat surface (track/treadmill)		----- DL hop tests.
PHASE IV 16-24 weeks Full ROM okay	Sports brace	<u>Plyometrics/Strength:</u> progress plyos <u>Balance/Proprioception:</u> progress SL tasks with perturbations <u>Conditioning/Agility:</u> progress acceleration and deceleration. Basic agility drills. Progress to work conditioning.	- patellofemor al precautions	SL hop for distance ----- 6-m timed hop ----- Triple hop for distance ----- Crossover hop for distance ----- **score above tests within 15% of uninvolved limb
PHASE V 24 weeks+ Full ROM okay	Sports brace	<u>Plyometrics/Strength:</u> progress jump training <u>Conditioning/Agility:</u> full speed agility drills. Sports specific training. Begin work conditioning.		Per speed/agility and jump progressions

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