



ACL Reconstruction with Allograft

Phase 1: Maximum Protection Phase (Weeks 1-4)

Goals: Control inflammation/effusion

- Allow early healing
- Full passive knee extension
- Gradually increase knee flexion
- Independent quad control

Stage 1: Immediate post-surgery days 1-7

- Ice, compression, elevation.
- ROM (Passive 0-90)
- Patellar mobilization
- Strengthening exercise:
 - Quad Sets
 - SLR flexion
 - Hip Abd/Adduction
 - Knee Extension 60-0 degrees
- Weight Bearing: 50% to WBAT with 2 crutches
- Avoid terminal knee extension

Stage 2: Weeks 2-4

- Continue use of ice and compression
- ROM Guidelines
 - Gradually increase PROM
 - Week 2: 0-105 degrees
 - Week 3: 0-125 degrees
 - Week 4: 0-135 degrees
- Weight bearing guidelines- Week 2-3: Full weight bearing
- Strengthening Exercises: Begin Phase I Exercises
 - SLR (all 4 planes)
 - Knee Extension 90-0degrees
 - Heel Slides
- Bicycle (once ROM appropriate)

*Avoid twisting, deep squatting, stooping

Phase 2: Moderate Protection Phase (4-7 weeks)

Goals: Full PROM

- No Swelling/inflammation
- Proper gait pattern

- Continue ROM and stretching to progress 0-140 Degrees
- Continue strengthening exercises Phase I

RESULTS PHYSICAL THERAPY
(916) 362-7962 (916) 362-7963 fax
9500 Micron Ave #106 •
Sacramento, CA 95827

www.resultstherapy.com

RESULTS PHYSICAL THERAPY OF CARMICHAEL
(916) 536-9130 (916) 536-9317 fax
6403 Coyle Ave. ste. 350
Carmichael, CA 95608

RESULTS PHYSICAL THERAPY OF MURIETA
(916) 354-0719 (916) 354-1187 fax
7281 Lone Pine Drive D106 • P.O. Box 955
Rancho Murieta, CA 95683

- Begin Level Two agility
 - Cup walking
 - Planks
 - Bridging
 - Steamboats 4 way (involved leg down)
 - Ball roll: for, side and back (involved leg down)
 - Heel raises
- Light strengthening: Short range leg press, 4-Way hip, leg extension 90-45, Dead lifts
- Bicycle (as ROM permits)
- Pool Program

*Avoid twisting, pivoting, running and deep squatting

Phase 3: Controlled Activity Phase (7-9 weeks)

Goals: Improve strength and endurance
Maintain Full ROM

Week 7-9

- Progress to Phase II Strengthening
- Initiate Dynamic warm-up
- Initiate Form Stepping (progress from walk pace to fast step pace)
- Initiate elliptical
- Toe calf raises
- Progress balance training
- Progress to isotonic strengthening program

Week 10 –week 15

- Continue Strengthening and stretching program
- Continue dynamic warm-up
- Form running: progress from fast pace walk to trot to jog pace
- Initiate treadmill for endurance (3.5mph fast walk then progress to light jog at 14 weeks)
- Begin step ups and step downs
- Initiate pool running

Phase 4: Return to Activity Phase (4-6 month)

Goals: Improve strength and endurance
Prepare for unrestricted activities

Exercises

- Continue and progress all strengthening exercises and stretching drills
- Deep squatting permitted at 4 months
- Initiate jumping program Ankle jumps, two-legged hop, two –legged jumps, single leg, etc...
- Initiate straight line running at 4 months
- Initiate pivoting and cutting: 5 months
- Initiate agility training: 5 months



- Gradually return to sport drills: 6 months
- Non contact practice 7 months
- Full competition non contact sports 9 months
- Full competition full contact 10 to 12 months

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