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## **ACL Reconstruction Post-Operative Physical Therapy/Rehabilitation**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: Right/Left ACL Reconstruction with Patellar Allograft/Autograft, Hamstring  
Autograft/Allograft

Date of Surgery: \_\_\_\_\_

Evaluate and Treat – no open chain or isokinetic exercises  
Provide patient with home exercise program

### Weeks 1-6 – Period of protection

- ◆Weight bearing as tolerated without assist by post-op day 10-14. Patients in hinged knee braces should be locked in extension when sleeping and ambulating until week 6. Patients in knee immobilizers may discontinue the immobilizer after 10-14 days.
- ◆Patient to use crutches until develop strength to keep the knee fully extended while WB.
- ◆DO NOT LIMP. Walk with a smooth, even-paced heel-toe gait. Do NOT walk on toes or with a bent knee! Developing a normal gait early is important.
- ◆ROM – progress through passive, active and resisted ROM as tolerated. Extension board and prone hang with ankle weights (up to 10#) recommended. Stationary bike with no resistance for knee flexion (adjust set height as ROM increases).  
(Goal – Full extension by 2 weeks, 120 degrees of flexion by 6 weeks.)
- ◆Patellar mobilization, 5-10 minutes daily.
- ◆Strengthening – quad sets, SLRs with knee locked in extension. Begin closed chain work (0-45 degrees) when full weight bearing. No restrictions to ankle/hip strengthening.

### Weeks 6-12

- ◆Transition to custom ACL brace if ordered by the physician.
- ◆ROM – Continue with daily ROM exercises  
(Goal – increase ROM as tolerated)
- ◆Strengthening – Increase closed chain activities to 0-90 degrees. Add pulley weights, theraband, etc.  
Monitor for anterior knee pain symptoms. Add core strengthening exercises.
- ◆Add side lunges, and/or slideboard. Add running around 8 weeks when cleared by physician.
- ◆Continue stationary bike and biking outdoors for ROM, strengthening, and cardio.

### Weeks 12-18

- ◆Advance strengthening as tolerated, continue closed chain exercises. Increase resistance on equipment.
- ◆Initiate agility training (figure 8s, cutting drills, quick start/stop, etc.). Some patients may be cleared by MD earlier.
- ◆Begin plyometrics and increase as tolerated.
- ◆Begin to wean patient from formal supervised therapy encouraging independence with home exercise program.

Other:

Modalities-

Electric Stimulation, Ultrasound, Heat before/after, Ice before/after exercise

May participate in aquatherapy after week three, begin swimming/running week 6.