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ACL & POSTEROLATERAL CORNER RECONSTRUCTION REHABILITATION
PROTOCOL

PATIENT NAME:

DATE OF SURGERY:

BODY PART/SIDE:

RECOMMENDATIONS:

- 1 *Frequency:* 2-3 times per week
- 2 Follow this protocol *without substitution*
- 3 Contact my office with any questions

IMPORTANT ITEMS:

- 1 Brace to be worn at all times **LOCKED IN EXTENSION** [including when sleeping] until 1st post-op visit [10-14 days]; Can be removed for hygiene and exercises
- 2 Brace can be removed for **SLEEPING ONLY** after 1st post-op visit.
- 3 Continue use of brace for 4-6 weeks, **LOCKED IN EXTENSION FOR AMBULATION**
- 4 Discontinue brace *no sooner* than **6 WEEKS POST-OP** once patient can perform straight leg raise **WITHOUT** extension lag

PHASE I PRECAUTIONS

- Toe-touch weightbearing for **6 WEEKS POST-OP**
- If hamstring autograft, **NO** isolated hamstring stretching/strengthening for **6 WEEKS POST-OP**

PHASE I [0-2 WEEKS]	
ROM	STRENGTH
Begin passive, active-assisted, and active ROM [limit 45°]	Quad sets Patellar mobilizations
Emphasize regaining FULL EXTENSION	SLR with brace locked in extension [until quad strength prevents extension lag]
Initiate gastroc/soleus stretching	Side-lying hip/core

GOALS TO PROGRESS TO PHASE II

- Pain and inflammation controlled
- Regain full knee extension, progress flexion
- Protect graft fixation

PHASE II PRECAUTIONS

- Continue phase I precautions
- Unlock brace 0°-90°, can be removed when sleeping

PHASE II [2-6 WEEKS]	
ROM	STRENGTH

Advance ROM <i>slowly</i> [limit 90°]	Progress phase I exercises
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GOALS TO PROGRESS TO PHASE III

- Pain and inflammation controlled
- Regain full knee extension, progress flexion
- Protect graft fixation
- Discontinue brace at **6 WEEKS POST-OP** if no extension lag; can transition into playmaker knee brace or functional brace if available

PHASE III PRECAUTIONS

- Advance weekly to full weightbearing by **8 WEEKS POST-OP**

PHASE III [6-12 WEEKS]	
ROM	STRENGTH
Advance to full ROM [no limit]	Progress phase I & II exercises
	Advance hip/core strengthening; add prone and side planks
	Begin light resistance stationary bike
*Isolated hamstring stretching can begin at 6 WEEKS POST-OP	Begin closed-chain quadriceps exercises
	Begin toe raises, hamstring curls, and step-ups
	Initiate balance/proprioception activities

GOALS TO PROGRESS TO PHASE IV

- NO** quadriceps atrophy
- Progress strength and balance
- Improve endurance

PHASE IV [12-16 WEEKS]	
ROM	STRENGTH
Full, unrestricted ROM	Advance closed-chain strengthening
	Progress balance/proprioception activities
	Stairmaster, elliptical begin at 12 WEEKS POST-OP
	Initiate running progression [straight-ahead only] at 12 WEEKS POST-OP

***If patient received functional brace, they can wear it for jogging and proprioception activities*

GOALS TO PROGRESS TO PHASE IV

- NO** quadriceps atrophy
- Progress strength and balance
- Improve endurance

PHASE IV [16-28 WEEKS]	
ROM	STRENGTH
Full, unrestricted ROM	Begin jumping progression at 16 WEEKS POST-OP
	Advance running progression at 20 WEEKS POST-OP [sprinting, backwards running, cutting/pivoting/changing direction]
	Initiate plyometric program and sport-specific drills

GOALS TO PROGRESS TO PHASE V

- Requires clearance from **SURGEON**
- Symmetric thigh musculature and performance within 10% of uninvolved limb

PHASE V [28+ WEEKS]	
ROM	STRENGTH
Full, unrestricted ROM	Gradual return to sports participation after completion of RTP**

*PLYOMETRIC TRAINING PROGRAM RECOMMENDATIONS

12-16 WEEKS	Double-leg hops [advance to 30 reps]
16-20 WEEKS	Add alternating single-leg hop [advance to 15 reps each foot]
	Add double-leg hops [forward, side-to-side, back] advancing to 10 reps each; distance 6" to 12"
20-26 WEEKS	Add single-leg hop [advance to 10 reps]
	Increase distance of double-leg forward hop as tolerated
	Add triple hop
26-36 WEEKS	<i>If appropriate for desired sport or activities</i>
	Add double-leg rotational hops [90° turn midair, advance to 5 reps]
	Progress double-leg rotational hops [180° turn midair, advance to 5 reps]

*RUNNING AND AGILITY DRILL PROGRESSION RECOMMENDATIONS

***May jog on any surface as tolerated, gradually increasing distance and speed*

Non-linear running [zig-zag, backwards, carioca each side for 50 yards each]	Start with "walk-through" at <1% max effort
	Increase 10% effort each session as tolerated
Agility drills begin once non-linear running mastered [shuttle run, box drill, weaves]	Start with "walk-through" at <1% max effort
	Increase 10% effort each session as tolerated
Sport specific training/practice once agility drills mastered	Start with "walk-through" at <1% max effort
	Increase 10% effort each session as tolerated

RETURN TO SPORT CRITERIA

- Requires clearance from **SURGEON**
- Return to play testing [RTP] recommended for competitive athletes intending to return to sport at 22-24 weeks**
- FULL, PAINFREE** function **WITHOUT** signs of instability
- FULL** return to contact sports **ANTICIPATED** at **6-8 MONTHS**