



Paul Kiritsis, MD
kneeandshouldersurgery.com

ACL Reconstruction with Allograft

Pre-op Education: Instruct the patient in ankle pumps, quad sets, seated knee flexion, supine SLR, hamstring stretches, gait training with crutches and protection of the graft.

Post-op Program:

POD 1

1. Ankle pumps – 20-25 per hour
2. Active flexion as tolerated
3. Gait with crutches and brace locked in full extension. **(WBAT)**
4. Patellar mobilizations
5. Polar care/ cryotherapy
6. Dressing change
7. Sleep with brace locked in full extension
8. Quad sets
9. Encourage full extension

POW 1-4

1. Continue as above
2. Start SLR's: start standing, then sitting, then supine
3. May use e-stim to promote quad recruitment
4. Progress active flexion and encourage full extension
5. Begin passive ROM to 90
6. With good quad control, may ween from brace. Usually in 2 -3 weeks.
7. Teach gait training, emphasizing heel-toe, good quad isolation, normal knee flexion and push-off.

8. Start the following open chain exercises
 - a. Sidelying hip abduction and adduction
 - b. Sitting hip flexion
 - c. Ankle theraband
 - d. Standing hamstring curls to tolerance.
9. Begin closed chain knee exercises: ENCOURAGE PROPER TECHNIQUE AT ALL TIMES.
 - a. Single leg stance: level to unlevel surfaces
 - b. Therakicks: progress resistance, speed, arc of motion
 - c. Walking forward, retro, and sidestepping
 - d. Standing calf raises, wobble board
 - e. Wall slides
 - f. Leg press
 - g. Stationary bike
10. Encourage upper extremity strengthening for overall conditioning
11. Continue modalities

POW 4-12

1. Continue as above
2. Progress exercises for building strength and endurance
 - 4-6 sets of 15-20 reps
 - progress from double to single leg and concentric to eccentric
 - emphasis on closed chain activities only
 - a. leg press
 - b. squats
 - c. lunges (front/side/back)
 - d. step-ups
 - e. leg curls
 - f. hip strengthening
 - g. resisted walking
3. Exercises for balance and proprioception
 - progress from local to whole body
 - a. mini-tramp
 - b. Sport cord
 - c. Slide board
 - d. Swiss ball
4. Exercises for endurance
 - a. Bike
 - b. Stairmaster

- c. Elliptical trainer
- d. Treadmill walking
- e. Aquatic exercise

POW 12-28

- 1. Continue as above but slowly progress weight and decrease reps (8-10)
- 2. Progress walking to a fast walk then walk/jog on treadmill
- 3. Begin jumping rope.
- 4. Jog Progression
 - i. Fast walk
 - ii. High knee march
 - iii. Figure 8
 - iv. 4 way reaction drill
 - v. jog

POW 28-return to sport

- 1. Progress jump roping to line jumps, then box jumps, and then distance jumps
- 2. Begin sport specific drills
- 3. Progress speed and intensity of above activities

Return to Athletics Criteria- 9 Months

- 1. Satisfactory clinical exam
- 2. <10% isokinetic strength deficit (Leg Press)
- 3. Completion of sport replication activity
- 4. Single leg hop test