Procedure: ACL Repair Phase I (0-6wks)
patellar tendon/auto- and allograft

Issues Requiring Urgent Ortho Consult: Phone # (608) 637-4704
1) Patient noncompliant with restrictions
2) Significant, uncontrolled pain

W/B Restrictions:
1) WBAT with brace locked @ 0° until good quad set in full knee extension
2) CKC within ROM guidelines after 2wks
3) Open brace for ambulation when lag is ≤ 5° with SLR

ROM Restrictions: Knee flexion/extension
OKC
CKC
0-2wks: 0-90° Double leg squat; through controlled/
2-4wks: 0-120° progressive ROM after 2wks
4+wks: Full ROM

Activity Restrictions:
1) OKC resisted knee extension limited 90-30° until12wks
2) No resistive biking 0-4wks
3) Maintain ambulation on safe/flat surfaces with assistive device as needed for safety
4) If hamstring graft; no hamstring isometrics or isotonics until 6wks

Gait: Crutches: D/C when able to amb. without a limp and can tolerate 100% W/B thru LE. Minimum of 2 wks post op.
1) Brace @ 0° (minimum of 2wks) until patient is able to control body weight in single limb support phase
2) Brace unlocked within guidelines 2-6wks
3) D/C brace after 6wks if
   1) ROM >120° flexion
   2) Able to support body weight
   3) steps reciprocally without restriction and good safety

Home Instructions:
1) Cryotherapy: elevation 15 minutes 4X/day
2) Brace on at all times 0-5/6wks; including sleeping; except in rehab
3) 3X10=0 extension board if knee extension is <0° after 1wk

PT Goals: Impairment Based:
1) Achieve full active knee extension at end ROM
2) SLR with ≤ 5° lag to D/C brace (5-6wks)
3) Quad set “Good” at 1wk post op
4) Patellar mobility WNL

Function Based:
1) Perform double leg mini-squat 0-45° with = WB
Procedure: ACL Repair Phase II (6-12wks)
patellar tendon/auto- and allograft

Issues Requiring Urgent Ortho Consult: Phone # (608) 637-4704
1) Signs of repair failure/re-injury

W/B Restrictions: No restrictions

ROM Restrictions: Full

Activity Restrictions:
1) No impact activities beyond walking or steps until 8wks
2) Continue limiting resisted OKC knee extension 90-30° until 12wks
3) At 8+wks may begin light impact activities (step lunges, sagittal plane agility exercises, walking frontal plane agility exercises)
4) May begin isokinetic in 90-30° ROM @ varying speeds
5) May begin higher speed cycling; speed walking; stairmaster
6) No jogging, jumping, hopping until 75% strength (minimum 12wks post op)

Gait: Brace and crutches as needed on Phase I Protocol guidelines

Home Instructions:
1) Progress patient to step down program by 8-10wks with monthly re-checks
2) Cryotherapy as needed

PT Goals: Impairment Based:
1) Full ROM
2) Effusion ≤ 1cm vs. uninvolved
3) Single leg mini squat 0-45° with good stability/control

Function Based:
1) Normal gait parameters @ hip/knee/ankle on level and non level surfaces ≥ 10 feet consecutively
2) Independent in step down program
3) Can perform a two legged squat through 120° arc to retrieve object from floor
Procedure: ACL Repair Phase III (12-20wks)
patellar tendon/auto- and allograft

Issues Requiring Urgent Ortho Consult: Phone # (608) 637-4704
1) Signs of repair failure/re-injury

W/B Restrictions: None
ROM Restrictions: None
Activity Restrictions:
1) May begin resisted OKC knee ext. thru full ROM @ 12wks (beginning lightly)
2) No sport specific drills until 16wks post op
3) No running or plyometrics until 12wks- Begin with interval jogging and jump retraining programs with functional ACL custom braces (if advised)
4) Increase intensity of frontal plane agility exercises
5) May begin squat bar/deep squats

Gait: None

Home Instructions: 
1) Step down including impact activities per guidelines

PT Goals: Impairment Based:
1) Strength on OKC/CKC isometrics test ≥ 80%
2) Minimal quad/gastroc atrophy: ≤ 1cm vs. uninvolved to allow for brace fitting (if needed)

Function Based:
1) Able to tolerate interval work/sport specific drills
2) Return to normal ADL activities without apprehension or restriction
3) Progress thru all phases of jump retraining program

At 16wks, if phase III goals are met: full speed/run/cut/sprint including aerobic conditioning.
Procedure: ACL Repair Phase IV (20+wks)
patellar tendon/auto- and allograft

Issues Requiring Urgent Ortho Consult: Phone # (608) 637-4704
None

W/B Restrictions: None

ROM Restrictions: None

Activity Restrictions:
1) Functional ACL brace for 1yr post-op for sport specific activities that may stress ACL
2) No return to competitive sport until successful completion of incident free practice for 1wk

Gait: None

Home Instructions: Step down strength/sport specific drills

PT D/C Goals: Impairment Based: None

Function Based:
1) Return to play/sport (with ACL brace) without restriction when cleared by surgeon/rehab. team