



Anterior Cruciate Ligament Reconstruction REHAB Protocol

Days 1-7

Weight Bearing and Range of Motion:

WBAT with brace locked in 0 degrees of extension

ROM:

Days 0-2 CPM use immediately post op if tolerated. ROM from 0-60 degrees. Initial speed is at the lowest setting. Days 3-7 use CPM 6-8 hours per day at slowest setting (1-2 cycles/ min)

Brace Use:

Locked in full extension at all times other than PT and CPM machine. If able to do 10 reps of SLR, may ambulate WBAT without the extension lock or in a functional brace. Gradually progress WB

Therapeutic Elements:

Modalities as needed

Patella Mob; SLR's with electric stim.; co-contractions, prone hangs

Wall slides

Goals:

ROM: 0 degrees of extension, 90 degrees of flexion

Control pain/swelling

Day 7-2 weeks

Range of Motion:

Continue to use CPM 4-6 hours per day.

Brace Use:

At all times locked in extension except PT and CPM.

Therapeutic Elements:

Continue above

Gentle hip abduction

Quadriceps sets with support

Hamstring sets and/or curls

Leg press using surgical or rubber tubing for resistance. Start with the band with least resistance.

Modalities to reduce pain and effusion

Joint mobilization techniques as needed.

Goals:

ROM: maximum available CPM flexion