



***This Program is Designed for ACL Reconstruction +/- Lateral Tenodesis +/- Meniscal Repair (not root or bucket handle)***

***Program Highlights:***

**Crutches for 2 weeks then progress weight bearing**

**Restrictions:**

**Limit Open Chain Quads exercises as per ACL reconstruction rehab**

**Exercise bike program from 2-4 weeks (pending range of motion)**

**Inline jogging from 3 months**

**Inline running from 4 months**

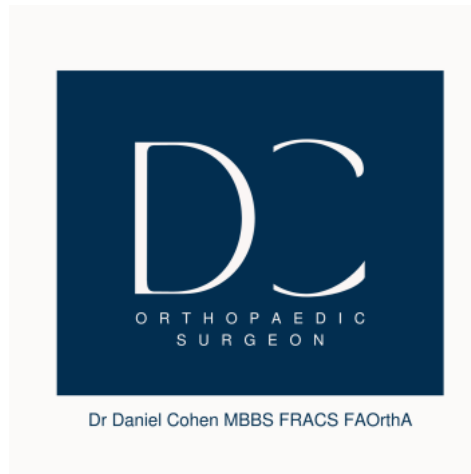
**Return to Sport Specific Training from 24 weeks**

**No Pivoting Sport until clearance**



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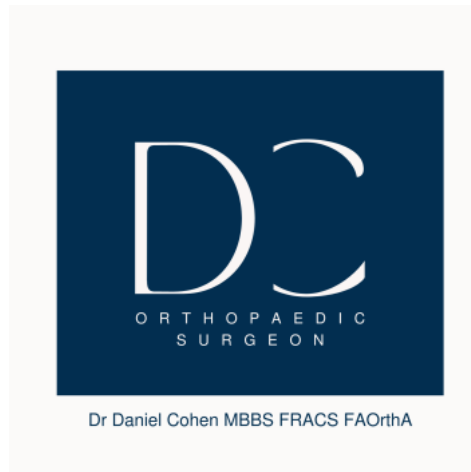
Phase	Description	
1	Recovery from surgery	2 weeks
2	Strengthening, balance and neuromuscular control	2-12 weeks
3	Inline running, agility and landing	3-6 months
4	Sport-specific training and drills	4-8 months
5	Return to pivoting sport and re-injury prevention	8-12 months



Phase	Goals	Brace	ROM	WB Status Cardiovascular	Exercises
<b>Phase 1 Weeks 0-2</b>	1. Swelling Control (rest, ice, compression, and elevation) 2. Range of Motion within prescribed limits 3. Quadriceps Activation 4. Limit Muscle Loss	None unless required to control ROM OR MCL release to facilitate meniscal repair	Regain ROM unless otherwise restricted Hamstrings Stretch	WBAT with crutches	Prone Hangs Patella Mobilizations Gait Re-training Hip isometric exercises Static Quads and Hamstrings Progressive co-contraction in various flexion angles Double leg heel raises/single leg when tolerated



<p><b>Phase 2</b> <b>Weeks 2-6</b></p>	<p>1. Unrestricted full ROM 2. Normal Gait 3. Hamstrings and quads co-contraction/strengthening 4. Proprioception 5. Start exercise Bike</p>	<p>Functional knee sleeve suggested for exercises</p>	<p>ROM unlocked from week 6-8</p> <p><b>NB If posterior meniscal repair, NO Deep FLEXION LOADING &gt;90° until week 10</b></p>	<p>PWB then progress to WBAT</p> <p>Exercise bike from week 6 low resistance</p> <p>Elliptical from week 8</p> <p>Stair Machine from week 10</p>	<p>Wobble board week 7-8</p> <p>Gluteal strengthening + ankle weights Limit leg press (&lt;60%TBW) to 60° flexion until week 10 Half squats/wall squats to 60° until week 10 Hamstrings curl, eccentric strengthening and stretching Standing calf strengthening Step-ups Theraband and cord strengthening</p>
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<p><b>Phase 3 week 12-24</b></p>	<ol style="list-style-type: none"> <li>1. Progress Strengthening</li> <li>2. Progress cardiovascular and endurance</li> <li>3. Neuromuscular control</li> <li>4. Commence neuroplasticity training</li> </ol>	<p>Functional knee brace for exercises</p>	<p>WBAT</p> <p><b>4 months Start inline Jogging</b></p> <p><b>5 months start running</b></p>	<p><b><i>*Limit open chain quads exercises as per ACL protocol until 6 months</i></b></p> <p>Introduce mini trampoline Progress resistance on gym equipment Multi-directional step ups and lunges Full range leg press and squats Hamstrings curls prone or seated</p> <p>Introduce agility drills- ladder, hopping, side stepping from 5 months</p> <p>Introduce shuttle runs, skipping, side runs from 5 months</p> <p>Introduce kicking for combat sport from 5 months (no heavy bag)</p>
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<p><b>Phase 4 Sport Specific</b></p>	<p>1. Jogging and Running 2. Quadriceps Function 3. Co-ordination and proprioception 4. Neuroplasticity training from 5 months</p>	<p><b>No Bracing required</b></p>	<p>Unrestricted</p>	<p><b>No pivoting or cutting for 6 months</b></p> <p><b>No Pivoting sport for 9+ months</b></p>	<p><b>*Limit open chain quads exercises as per ACL protocol until 6 months</b></p> <p>Progress As above Agility Proprioception Including wobble board</p> <p>Sport/Work Specific</p> <ol style="list-style-type: none"> <li>Zigzag running from 24 weeks</li> <li>Figure 8's gradually decreasing in size</li> <li>Cross over stepping</li> <li>Backwards with cutting</li> <li>Stop and go drills</li> </ol>
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## **Return to Sport Criteria**

- a. Medical Clearance**
- b. No Joint Effusion**
- c. Pain free ROM within 5° of contralateral side**
- d. 90% quads and hamstrings index relative to contralateral side**
- e. Landing Assessment**
- f. Single leg hop/Triple Hop Test Symmetry**
- g. Agility test without compensation**
- h. Neuroplasticity training complete**