

ACL RECONSTRUCTION REHABILITATION PROTOCOL FOR MR SAITHNA'S PATIENTS

| | WEIGHT BEARING | ROM | EXERCISE | GOALS |
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| Phase I: 0-2 weeks (Max Protection) | PWB progress to WBAT. D/C crutches when ambulating without limp. | 0-90° (focus on regaining full extension ASAP) | Extension: heel prop, prone hang (see below) Flexion: heel slides Quads: straight leg raise/VMO Patellar Mobilization Gastroc stretch | Cryotherapy/ice, modalities for pain and inflammation relief . Early ROM Gait training |
| Phase II: 2-6 weeks (Progressive ROM) | WBAT Gait training | 0-120° Regain full/symmetric hyperextension | Progress ROM exercises. Hamstring stretching Patellar mobs. Light closed-chain resistance. | Continue inflammation control. Progress ROM Normal gait Early proprioception |
| Phase III: 6-12 weeks (Strengthening & proprioception) | WBAT | Full ROM w/ terminal stretch. Pain-free | Continue ROM exercises. Advance closed-chain strengthening. Proprioception drills. Exercise bike and treadmill. No running. | Protect ACL. Retain extension. Progress flexion. Muscle strength & control. |
| Phase IV: 3-6 months (Advanced conditioning and functional drills) | WBAT | Full ROM | Full gym strengthening prgm. Flexibility exercises. Plyometric/jumping drills. Straight-plane running at 12 weeks. | Continue strengthening. Muscular & cardiovascular endurance. Plyometric and sport-specific drills. |
| Phase V: 6 months and beyond (Return to sport) | WBAT | Full ROM | Agility training. Sport-specific activities. Gradual return to sports. | Gradual return to sports Maintenance for muscular strength & endurance |

* No hamstring stretching until 4 wks, no hamstring strengthening until 6 wks*

** **NOTE: if concurrent meniscus repair, avoid flexion >90° X 6 wks**

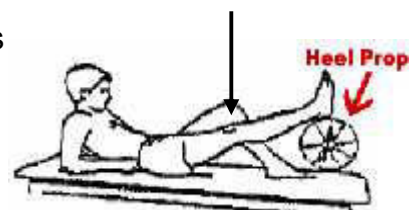
MILESTONES (approximate)

Driving: usually 2-4 wks – when can make emergency stop

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| Work: | Sedentary/desk | 1-3 wks |
| | Light | 4-8 wks |
| | Medium | 3 months |
| | Heavy | 4-6 months |

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| Sports: | Walking/stairs | 1-2 months |
| | Light individual | 3-4 months |
| | Jumping/pivoting | 6 months |
| | High performance | 6-9 months |

Golf: Short game 3 months / Full swing 5-6 months



Prone Hang

