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Knee Arthroscopy ACL Reconstruction

Phase I

0-4 weeks:

- Full weight bearing in brace, brace locked in extension for ambulation and sleep (**0-1 week**), range of motion as tolerated when non-weight bearing.
- Full weight bearing with brace unlocked. (**1-4 weeks**)
- Exercises: heel slides, quad/hamstring sets, patellar mobilization, gastroc/soleus stretch, straight leg raise with brace locked in extension until quad strength prevents extensor lag, side lying hip/core exercises.

Phase II

4-12 weeks:

- Full weight bearing without brace.
- Transition to function ACL brace when in situation where patient may fall.
Exercises: begin toe raises, closed chain quads, balance exercises, stationary bike, step-ups, front and side planks, advance hip/core.

Phase III

12-16 weeks:

- Exercises: Advance closed chain strengthening, progress proprioception activities
- Begin stairmaster, elliptical at 8 wks
- Running straight ahead at 12 weeks

Phase IV

16-24 weeks:

- 16 wks: Begin jumping
- 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
- 22 wks: Advance as tolerated

Phase V

> 6 months:

- Gradual return to sports participation after release from physician.