

Robert Kollmorgen DO

ACL RECONSTRUCTION – HAMSTRING AUTOGRAFT

Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place

– POD 2: Change dressing, keep wound covered, continue TED Hose

– POD 7-10: Sutures out, D/C TED Hose when effusion resolved

Brace x 6 weeks – Locked in extension for ambulation

– Open to available range when pt has good quad control (no extensor lag)

Crutches – Partial weight bearing (PWB) in brace

Patellar mobilization (teach patient)

Calf pumping

AAROM 0-90 degrees (passive extension, heel slides with towel assist)

Passive extension with heel on bolster or prone hangs

No active Hamstring exercises

Electrical stimulation in full extension with quad sets and SLR

Quad sets

Straight leg raise (SLR) x 4 directions on mat (in brace if poor quad control)

Total Gym (level 3-5) – Mini squats 0-45 degrees

– Passive flexion to 90 degrees max (push up with opposite leg)

Leg press 0-45 degrees with light resistance (up to ¼ body weight)

Stationary bike for range of motion – Complete cycle as able

Ice Pack with knee in full extension after exercise

Goals

Full passive extension

Flexion to 90 degrees

Good quad control

Weeks 2 – 4

Brace x 6 weeks – Open to available range

Crutches – PWB in brace

Continue appropriate previous exercises and following ex without brace

Scar massage when incision healed

AAROM, AROM through full range as tolerated

Co-contractions quads / HS

SLR x 4 on mat – Add light ankle weights if quad control is maintained

Total Gym – Progress levels and ROM of mini-squats as tolerated

Leg press 0-90 degrees with light resistance (up to ¼ body weight)

Hamstring curls – Carpet drags or rolling stool (closed chain)

Double leg heel raises

Stationary bike – Progressive resistance and time

Stretches – Hamstring, Hip Flexors, ITB

Goals

ROM 0-110 degrees

No effusion

No extensor lag

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Weeks 4 – 6

Brace x 6 weeks – Open to available range

Crutches – weight bearing as tolerated (WBAT) in brace, D/C when gait is normal

Continue appropriate previous exercises

PROM, AAROM, AROM to regain full motion

Standing SLR x 4 with light Theraband bilaterally

Mini squats, Wall squats 0-45 degrees

Leg press 0-90 degrees with resistance no more than ½ body weight

Hamstring curls on weight machine with light resistance

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Single leg heel raises

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Treadmill – Forwards and backwards walking

Goals

Full ROM

Normal Gait

Weeks 6 – 9

D/C Brace

Continue appropriate previous exercises

Wall squats 0-90 degrees

Leg press 0-90 degrees with resistance as tolerated

Hamstring curls with resistance as tolerated

Forward, lateral and retro step downs (medium to large step)

Hip weight machine x 4 bilaterally

Proprioceptive training – Single leg BAPS, ball toss and body blade

Stationary bike – 15-20 minutes at a time, at least 70 rpm

Treadmill – Walking progression program

Elliptical trainer

Pool therapy – Walking / running (no kicking)

Goals – Walk 2 miles at 15 min/mile pace

Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance

Fitter

Slide board

Proprioceptive training – Grid exercises

Functional activities – Figure 8s, gentle loops, large zigzags

Stairmaster – Small steps

Pool therapy – No swimming laps

Quad stretches

Goal – Walk 3 miles at 15 min/mile pace

Continued next page

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Months 3 – 4

Isokinetic testing at 180 and 300 degrees/sec – Must have 80% of opposite leg to clear for straight line running

Continue appropriate previous exercises

Knee extension weight machine

Short arc quads

Agility drills / Plyometrics

Treadmill – Running progression program if cleared

Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

Months 4 – 6

Repeat Isokinetic testing as needed

Continue appropriate previous exercises

Sit-up progression

Running progression to track

Transition to home / gym program

Goals

Return to all activities

No contact sports until 6-9 months post-op