

A.C.L. RECONSTRUCTION POST-OP PROTOCOL

1. POST-OP DAY 2....FIRST P.T. SESSION:

Therapist removes brace.

Leave ace wrap in place.

Modalities, begin R.O.M. and Isometrics

Re-apply brace at end of session.

Ambulate non-weightbearing with crutches.

2. TWO WEEKS POST-OP:

Unlock brace 0 to 90 degrees, if **meniscus** was **not repaired**.

If **meniscus** was **repaired**, keep brace **locked** two more weeks.

Progress R.O.M. with no limit.

3. FOUR WEEKS POST-OP:

Discontinue brace. Stationary bike.

Isotonic Strengthening (CLOSED CHAIN ONLY).

4. SIX WEEKS POST-OP:

Discontinue crutches and begin weight-bearing as tolerated.

5. EIGHT WEEKS POST-OP:

Transition to home exercise. Swimming and cycling allowed.

6. SIX MONTHS POST-OP:

Begin jogging IN CUSTOM ACL BRACE ONLY.

7. NINE MONTHS POST-OP:

Begin sports IN CUSTOM ACL BRACE ONLY.

8. ONE YEAR POST-OP:

Custom ACL Brace becomes OPTIONAL.

