



Post-Operative Rehabilitation Guidelines: ACL Reconstruction

Phase I: Weeks 1-6

1. **Weight bearing** as tolerated without assist by post-op day 10
 - a. **Unless** underwent meniscus **REPAIR** - partial weight bearing for 4-6 weeks
2. **Brace:** locked in extension when sleeping and ambulating until week 6 post-op
3. **ROM Goals:** progress through passive, active and resisted ROM as tolerated
 - a. Extension board and prone hang with ankle weights (up to 10 lbs) recommended
 - b. Stationary bike with no resistance for knee flexion (alter set height as ROM increases)
 - c. Full extension by 2 weeks, 120° of flexion by 6 weeks
 - d. **If meniscus repair:** progress flexion more gradually
4. Patellar mobilization 5-10 minutes daily
5. **Strengthening:** quad sets, SLRs with knee locked in extension
 - a. Begin closed chain work (0- 45°) when full weight bearing
 - b. No restrictions to ankle/hip strengthening

Phase II: Weeks 6-12

1. **Brace:** transition to custom ACL brace if ordered by MD
2. **ROM Goals:** continue with daily ROM exercises, increasing ROM at tolerated
3. **Strengthening:** increase closed chain activities to 0-90°
 - a. Add pulley weights/therabands, side lunges and/or slide board, core strengthening, etc.
 - b. Add running at approximately 8 weeks when cleared by MD
 - c. Continue stationary bike and outdoor biking for ROM, strengthening and cardio
 - d. Monitor for anterior knee pain symptoms

Phase III: Weeks 12-18

1. Advance strengthening as tolerated, continue closed chain exercises; increase resistance on equipment
2. Initiate agility training: figure 8s, cutting drills, quick start/stop, etc.
 - a. Some patients may be cleared by MD earlier
3. Begin plyometrics and increase as tolerated.
4. Begin to wean from formal supervised therapy, encouraging independence with HEP

Important Information

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | nhopa@rushortho.com

We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.