

Arthroscopic ACL Reconstruction

Precautions: BTB Autograft – WBAT / Hamstring autograft or allograft – TDWB x 6wks
Brace at all times x6wks regardless of graft

Phase I: (1-2 weeks)

ROM exercises
Goal 0-90 degrees
Patellar mobilization

Phase II: (2-6 weeks) – Regain motion / Light Strengthening

Advance gentle PROM
Goal 0-120 degrees
Patellar mobilization
Stationary exercise bike – no resistance

Phase III: (6-12 weeks) – Maintain motion / Basic Strength and Conditioning

Restore full AROM/PROM Motion
Active and light resistance exercises as symptoms permit
Patellar mobilization
Restore normal gait

Phase IV: (12-16 weeks) – Advanced Strength and Conditioning

Work on cardiovascular training
Progress strength training and sport specific drills
Regain full strength
Get fitted for sports brace

Phase V: (16-24 weeks) – Early Return to Sport Specific Training

Progress advanced strengthening
Return to sport specific training

Phase VI: (24 weeks) – Return to Sport