

ACL Reconstruction with Allograft Outpatient Protocol/Guidelines

The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I (0-2 weeks)	Phase II (2-6 weeks)	Phase III (Weeks 6 - 16)	Phase IV (Weeks 16+)
<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> No pool activity <p style="text-align: center;">GAIT TRAINING</p> <ul style="list-style-type: none"> Crutches and WBAT Wean from brace after: <ul style="list-style-type: none"> <input type="checkbox"/> SLR x 10 without lag Wean from crutches by POD 14 after: <ul style="list-style-type: none"> <input type="checkbox"/> Heel - toe gait (Ø limp) <input type="checkbox"/> Proper swing through <input type="checkbox"/> Quad control - Ø lag on SLR <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> AAROM knee flexion with over-pressure Stationary biking, no resistance Passive extension stretching Patellar mobs Ankle pumps Quad sets Multiplanar SLR Calf raises Mini squats with band Hamstring bridge NMES as needed <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meets above criteria for gait <input type="checkbox"/> SLR without lag <input type="checkbox"/> ROM <ul style="list-style-type: none"> Extension: 0° Flexion: 90° 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> No running or cutting activities <p style="text-align: center;">GAIT TRAINING</p> <ul style="list-style-type: none"> Crutches until gait normalizes WBAT <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> Leg press (double/single) Forward and Lateral Step ups Knee extension (90-60 only) CKC hip strengthening Progress proprioceptive activities <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> <input type="checkbox"/> Normal gait mechanics <input type="checkbox"/> Effusion managed <input type="checkbox"/> ROM <ul style="list-style-type: none"> Flexion: >120° 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> Watch for patellofemoral pain <p style="text-align: center;">GAIT TRAINING</p> <ul style="list-style-type: none"> FWB and no brace <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> Advance CKC strengthening single leg without dynamic valgus Step downs Lunges High level strengthening: single leg on unstable surfaces without dynamic valgus <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> <input type="checkbox"/> Negotiate stairs normally <input type="checkbox"/> Restore limb confidence <input type="checkbox"/> ROM <ul style="list-style-type: none"> Full extension Flexion within 10° of uninvolved side 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> No jumping, cutting, or sprinting until cleared <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> Agility drills/plyometrics without dynamic valgus Jumping: double progress to single leg Running: initiate walk-jog program Sports specific activities >90% of limb symmetry on Functional Testing <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> <input type="checkbox"/> Return to sport or heavy work cleared by MD

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REFERENCES

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