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**ACL reconstruction**  
 Physical Therapy Protocol  
 Randy Clark MD

	<b>WEIGHT BEARING</b>	<b>Range of Motion</b>	<b>Goals</b>	<b>EXERCISES</b>
<b>0-2 weeks</b>	Weight bearing as tolerated in immobilizer with crutches.	1-active ROM while seated 2-No ROM during ambulation.	1-dec pain 2-dec swelling 3-quad control 4-full extension	1-straight leg raise in brace 2-calf pumps 3-seated ROM 4-cold therapy
<b>2-6 weeks</b> <i>*Physical Therapy to start at 2 weeks</i>	1-As tolerated 2-can remove immobilizer with good quad control <b>** if MCL repair then hinged knee brace required for 6 weeks post operative</b>	Full ROM	1-Full ROM 2-normal gait 3-improve strength	1-heel slides/wall slides 2-stationary bike 3-begin closed chain strengthening
<b>6-14 weeks</b>	As tolerated without brace  *NO running/jogging	Full ROM	1-normal strength 2-symmetric quad girth	1-advance strengthening exercises 2-closed chain only 3- pool exercises/pool running
<b>14-20 weeks</b>	As tolerated without brace *Ok to begin jogging on treadmill if good quad strength	Full ROM	1-symmetric quad girth and strength 2- normal running gait	1-resistance closed chain strengthening 2-CV conditioning 3-No running/jumping/sports
<b>21+ weeks</b>	As tolerated	Full ROM	Progress into sport specific activities	1-Advance functional training program, add agility drill program <b>Return to Sports:</b> 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 3-physician clearance 4-minimum 6 months