



## ACL Repair

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### PHASE I (2-4 WEEKS POST OP):

- Weight bearing as tolerated with crutches and brace should be worn at all times
- Can discontinue crutches when normal gait is achieved in brace
- Ice, compression, elevation
- Gait training
- ROM (0-125°)
- Patellar Mobilizations
- Soft tissue mobilizations incision and portal sites
- Muscle activation-quad and hamstring sets
- Double leg mini squats and toe raises
- Core strengthening
- Passive extension exercise twice a day for 5 minutes with brace off (heel prop exercises or prone hangs)

### PHASE II (2-6 WEEKS POST OP):

- Discontinue brace (approved by physician)
- Improve/Maintain ROM to that of opposite leg
- Initiate proprioceptive and balance exercises-weight shifts
- Stretching of hamstrings, IT band, quads, and hip flexors
- Progressive strengthening-bridges, planks, and crunches

### PHASE III (6-8 WEEKS POST OP):

- Progress from single plan to multi-place strengthening
- Eccentric neuromuscular control
- Develop dynamic flexibility
- Improve balance-balance board, sport specific activities
- Functional strengthening-lunges, squats with reach
- Landing and takeoff drills
- Continue core strengthening and cardiovascular activities
- Perturbation training

#### PHASE IV (12-16 WEEKS POST OP):

- Progress from double to single leg impact drills
- Increase muscular control with cutting, pivoting, etc.
- Dynamic flexibility using sport specific activities
- Maintain core strength and cardiovascular fitness

#### PHASE V (RETURN TO SPORT)