

ACL Reconstruction (BPTB Auto), PLC Reconstruction



Name: _____

Dr: Dr. Chris LaPrade

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

PROM flexion 0-90° limit x 2 weeks then progress as tolerated

NO Hyperextension x 8 weeks (emphasize full extension to 0°)

BRACE SETTINGS

Immobilizer x 6 weeks then CTI brace

Weight Bearing status

NWB x 6 weeks

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24				
Ankle pumps & nerve glides	●	●	●	●	●	●	●	●										
Patella/Tendon mobilization	●	●	●	●	●	●	●	●										
Calf stretch with belt- NO hyperext	●	●	●	●	●	●	●	●										
Knee extension ROM *NO HE	Extension to 0° (NO HE)					Gradual progress to symmetrical HE												
Seated foot slides knee flexion ROM	≤90° PROM		>90° AAROM			Gradual progress to 120° by 6-8 weeks, full by 12 weeks												
Quad strength progressions (+NMES)	0° ISOs, SLR			60°ISO		Gradual progression into full arc PRE												
Additional Quad training	SLR, band-resisted TKE, AROM knee extension (LAQ)																	
Band-resisted calf pumps (ankle PF)	●	●	●	●	●	●	●	●										
Hamstring strength progressions	NO Hamstring beyond AAROM					Fixed angle ISOs					Hip & knee based PRE							
Multi-direction hip strength *No varus stress or tibial ER x 8 weeks	Standing (band above knees)					Progress as tolerated (brace on initially)												
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24				
Stationary Bike	NWB					ROM only			Gradually progress									
Swimming – flutter kick								●	●	●	●	●	●	●	●	●	●	●
Treadmill – walking (no limp)													●	●	●	●	●	●
Elliptical trainer, Stair stepper														●	●	●	●	●
*NOTE FOR CARDIO	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)																	
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24				
Crutch weaning – return to FWB	NWB					●	●	●										
Marching into brief SLS						●	●	●	●	●	●	●	●	●	●	●	●	●
SLS balance progressions											●	●	●	●	●	●	●	●
Squat/Leg Press (ISO→reps, 2→1 leg)													0-45°	0-70°	>70°	gradual		
Step-up/Lunge Progressions														ISOs	0-70°	>70°		
Dead lift (2→1 leg)															●	●	●	●
Band resisted directional stepping																●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24				
Initial – single plane agility	NWB													●	●			
Advance – multi directional agility																		
Return to run criteria	≥16 weeks post-op, YBT-Anterior ≤8 cm SSD, walk ≥1 mile no limp/no pain, Quad strength ≥70% LSI, ≥60% peak torque/BW																	
Sport performance (TRAC) test	Baseline test @ 4 months, F/u tests @ 7 & 12 months																	
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24				
Outdoor recreation progressions	NWB													●	●			
Return to sport progressions																		

****NMES & BFR encouraged (per any contraindications)****

PRECAUTIONS	NO varus knee stress x 6 weeks then progress with brace on, NO resisted hamstring curling, tibial ER (cross-legged sitting), squatting >70° x 4 months
ABBREVIATIONS	(HE) hyperextension, (ISO) Isometric, (KF) knee flexion, (LAQ) Long arc quad, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (SAQ) short arc quad, (SLR) straight leg raise, (SLS) single leg stance, (TKE) terminal knee extension