

Post-Operative Instructions – Knee ACL Reconstruction

Patellar tendon, Hamstring graft, Allograft

*If a meniscus repair was performed in addition to ACL reconstruction, please see that protocol as well and follow the more conservative of the two for each phase.

Precautions: Patient will ambulate with crutches (immobilizer or hinged brace, if prescribed) with WBAT unless instructed otherwise by physician. Patient may D/C crutches when they can ambulate securely, have no evidence of instability, have appropriate quad strength, and can perform normal gait pattern.

Phase I (1 – 5 days post-op)

- Wound care: Observe for signs of infection
- Modalities: prn for pain and inflammation (ice, IFC)
- Brace: Immobilizer or brace, if prescribed (hinged brace locked in full extension), even while sleeping
- Gait: WBAT, crutches prn
- ROM: Minimum 0 – 90 degrees, not more than 120 degrees
- Exercises: Hamstring stretches, Quad sets, Glute sets, Ankle AROM, Passive positional stretches for flex/ext

Phase II (5 days – 4 weeks post-op)

- Wound care: Observe for signs of infection and begin scar management techniques when incision is closed
- Modalities:
 - NMES for quads during quad sets and SLR, prn
 - IFC and ice for pain and edema prn
 - sEMG for neuromuscular re-education for quad sets, prn
- Brace:
 - Immobilizer if prescribed until quad control is sufficient to be safe with gait
 - Hinged brace set 0 -120 degrees- on at all times except in PT clinic
 - Dr. Ferry patient's: At 4 weeks, may DC when sleeping
- Gait: WBAT, crutches prn
- ROM:
 - Minimum 0 – 90 degrees, not more than 120 degrees until 3 weeks post-op
 - Passive positional stretches and AROM for full flexion and extension of knee
 - Half revolutions on stationary bike
 - Increase / maintain patellar mobility with emphasis on superior glide
- Strengthening/Conditioning
 - NO resisted open chain strengthening
 - Begin closed chain (Step ups, Light leg press 0-60 deg, Wall slides, Squats, Lunges (ant) etc.)
 - Quad sets (open and closed chain, multi-angle)
 - SLR 4 ways
 - Proprioceptive activities as quad control allows