



Cartilage Repair Center

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ACL Allograft Reconstruction Protocol

Stage 1 – 0-6 weeks

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

RESTORE QUADRICEPS CONTROL

BRACE

- ♦ Hinged knee brace as indicated below:
 - 1st week – Locked in full extension for ambulation and sleeping
 - 2-6 weeks – Brace removed for rehab and sleeping
 - 6-12 weeks – To be worn in situations where patient may be at risk for fall (crowds, walking on uneven surfaces)
 - 12+ weeks – Brace is optional

Weight-Bearing

- ♦ As indicated below
 - 0-2 weeks – Touch down weight bearing with two (2) crutches
 - 2-4 weeks – Partial weight bearing
 - 4-6 weeks – Weight bearing as tolerated

THERAPY

- ♦ For ACL Reconstruction only (If ACL is also performed with meniscal repair or transplant follow this protocol but avoid open kinetic hamstring strengthening for 6 weeks)
- ♦ Initiate active-assisted leg curls, progress to active range of motion when pain free
- ♦ Heel slides
- ♦ Quad sets
- ♦ Patellar mobilization
- ♦ Non-weight bearing gastroc/soleus stretching, begin hamstring stretches at 2 weeks
- ♦ SLR, all planes, with brace in full extension until Quadriceps strength is sufficient to prevent extension lag. Quadriceps isometrics at 60 degrees and 90 degrees
- ♦ Pool after 2-3 weeks (once incisions have healed), to work on underwater treadmill
- ♦ 4 weeks post op add biking deep well pool running with aqua vest (if pool available), leg press, quadriceps stretching
- ♦ Partial weight bearing closed chain knee extension 0-45 degrees
- ♦ Theraband
- ♦ Leg press
- ♦ Pool mini squats
- ♦ Gentle hamstring stretching

COMMENTS

- ♦ CPM not commonly used

For Outpatient Physical Therapist:

1-2x week / 6 weeks



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at St. Mary's Medical Center