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WOODSON ACL RECONSTRUCTION ACCELERATED REHAB PROTOCOL

General Info:

This is a list of general guidelines for an accelerated ACL reconstruction rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Post-Op Weeks 1-2: Phase I

- ROM: 0-110° minimum
- Flexibility:
 - Patellar mobs
 - CPM as directed by MD
 - Hamstring stretch (avoid with HS grafts)
 - Gastoc-soleus stretches
 - Heel slides with towel/wall slides
 - May begin stationary bike when 105° flexion is reached
 - Do **NOT** use bike/force to increase flexion
- Brace and Crutch Use:
 - Will be progressively unlocked per MD orders
 - Remove brace to perform ROM activities at home
 - Weight-bearing as tolerated (WBAT) with crutches until quad control is gained
 - One crutch before full-weight bearing (FWB) with no crutches
 - I-ROM when walking with crutches outside of clinic
- Strengthening:
 - Quad sets with biofeedback 10 min (10" holds, 30 reps, 10x daily)
 - SLR flexion (may add weight if no quad lag is present)
 - Perform quad set and lift 12" off table.
 - Do not progress to functional activity until patient can perform 5' with 5 lbs without lag
 - Side lying hip abduction/adduction
 - Multi-hip machine (flexion, abduction, adduction)
 - Bilateral/single leg press (120-20°) (90-20° if meniscus involved)
 - Chair squats (0-90°)
 - Step ups
 - Calf raises
- Gait:
 - Cone walk (forward only)
 - Eliminate quad avoidance pattern
- Modalities:
 - Electrical stimulation as needed (NMES, TENS)
 - Ultrasound/soft tissue mobs to portals (once incisions are closed)
 - Ice 15-20 mins with knee at 0° extension

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- Balance/Proprioception:
 - Weight shifts (side/side, forward/backward)
 - Single leg balance on various surfaces (air disc, foam pad)
 - Double leg balance on tilt board or wobble board

Post-Op Weeks 2-4: Phase II

- ROM: 0-125° minimum
- Flexibility:
 - Continue previous orders
 - Foam roller for IT band/quads
 - Prone quad stretch
 - Light hamstring stretch at week 4 (HS grafts only)
- Brace and Crutch Use:
 - Discharge brace by weeks 3-4
 - Will measure for functional brace week 4
 - Discharge crutches as tolerated by 10 days post-op
- Strengthening:
 - Continue previous orders
 - Prone hip extension
 - Bilateral leg press (no ROM restrictions)
 - Single leg press
 - Side lying clams
 - Front and side lunges
 - Bicycle/EFX
- Modalities:
 - Continue previous orders
- Balance/Proprioception:
 - Continue previous orders
 - Progress difficulty from Phase I

Post-Op Weeks 4-12: Phase III

- ROM: Full ROM by week 8
- Flexibility:
 - Continue previous orders
 - May add dynamic stretching program at week 8
- Brace:
 - Functional brace as needed
- Strengthening:
 - Continue previous orders
 - Glute/ham drops
 - Slide board reverse lunge
 - Split squats
 - Walking lunges
 - Single leg eccentric leg press
 - Hamstring curls

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- Lateral step-downs
- Lateral lunges
- Monster walks
- Vertical squats
- Straight-leg dead lifts
- Stool crawl
- Plyometric leg press/shuttle at week 8
- Modalities:
 - Ice 15-20 minutes following activity
- Balance:
 - Continue previous orders
 - Single leg stance with plyo-toss
 - Wobble board balance work-single leg
 - ½ foam roller work
- Aerobics:
 - EFX
 - Bicycle for endurance
 - Progress into jogging program at week 8
 - Must achieve full ROM
 - No pain or effusion

Post-Op Weeks 12-16: Phase IV

- Flexibility:
 - Continue previous orders
- Brace:
 - Functional brace as needed
- Strengthening:
 - Continue all exercise from previous phases
 - Progress plyometric drills
- Modalities:
 - As needed
- Aerobics:
 - Progress jogging/running program
 - Swimming
 - Backwards running
- Functional Training:
 - Sport-specific drills
 - Cutting/agility program
 - Agility ladder
 - Cone drills
 - Lateral movement
 - Carioca, figure-8 drills

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Post-Op Weeks 16-36: Phase V

- Strengthening:
 - Continue advanced strengthening
- Modalities:
 - Ice 15-20 minutes as needed
- Functional Training:
 - Initiate sport specific training
 - Progress running/swimming program
 - Progress plyometric program
 - Progress neuromuscular program