

## Robert Kollmorgen DO

### ACL RECONSTRUCTION – REVISION / ALLOGRAFT

#### Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place  
– POD 2: Change dressing, keep wound covered, continue TED Hose  
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved  
Brace x 6 weeks – Locked in extension for ambulation  
– Open to available range when pt has good quad control (no extensor lag).  
Crutches – Non-weight bearing (NWB) in brace  
Patellar mobilization (teach patient)  
Calf pumping  
AAROM 0-90 degrees (passive extension, active flexion, heel slides)  
Passive extension with heel on bolster or prone hangs  
Electrical stimulation in full extension with quad sets and SLR  
Quad sets, Co-contractions quads / Hamstring  
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)  
Total Gym (level 3-5) – Mini squats 0-45 degrees  
– Passive flexion to 90 degrees max (push up with opposite leg)  
Leg press 0-45 degrees with light resistance (up to ¼ body weight)  
Hamstring curls – Standing  
Stationary bike for range of motion – Complete cycle as able  
Ice Pack with knee in full extension after exercise

#### Goals

Full passive extension  
Flexion to 90 degrees  
Good quad control

**Weeks 2 – 4** Brace x 6 weeks – Open to available range  
Crutches – PWB in brace  
Continue appropriate previous exercises and following ex without brace  
Scar massage when incision healed  
AAROM, AROM through full range as tolerated  
SLR x 4 on mat – Add light ankle weights if quad control is maintained  
Total Gym – Progress levels and ROM of mini-squats as tolerated  
Leg press 0-60 degrees with light resistance (up to ¼ body weight)  
Hamstring curls – Carpet drags or rolling stool (closed chain)  
Double leg heel raises  
Stationary bike – Progressive resistance and time  
Stretches – Hamstring, Hip Flexors, ITB

## Robert Kollmorgen DO

### Goals

ROM 0-110 degrees

No effusion

No extensor lag

### Weeks 4 – 6

Brace x 6 weeks – Open to available range

Crutches – PWB in brace

Continue appropriate previous exercises

PROM, AAROM, AROM to regain full motion

Weight shifts

Mini squats 0-60 degrees – In parallel bars

Leg press 0-60 degrees with light resistance (up to ½ body weight)

Hamstring curls on weight machine with light resistance

**Goal** – Full ROM

### Weeks 6 – 9

D/C Brace

Crutches – weight bearing as tolerated (WBAT), D/C when gait is WNL

Continue appropriate previous exercises

Standing SLR x 4 with light Theraband bilaterally

Wall squats 0-45 degrees, progress to single leg

Leg press 0-60 degrees with resistance as tolerated

Hamstring curls with resistance as tolerated

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Single leg heel raises

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Treadmill – Forwards and backwards walking

Stationary bike – 15-20 minutes at a time, at least 70 rpm

**Goal** – Normal gait

### Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance

Wall squats 0-90 degrees

Leg press 0-90 with resistance as tolerated

Forward, lateral and retro step downs (medium to large step)

Hip weight machine x 4 bilaterally

Proprioceptive training – Single leg BAPS, ball toss and body blade

– Grid exercises

Treadmill – Walking progression program

Elliptical trainer

Pool therapy – Walking / running (no kicking)

**Goal** – Walk 2 miles at 15 min/mile pace

### Months 3 – 4

Continue appropriate previous exercises

Fitter

Slide board

Stairmaster – Small steps

Pool therapy – No swimming laps

**Goal** – Walk 3 miles at 15 min/mile pace

## Robert Kollmorgen DO

### **Months 4 – 6**

Continue appropriate previous exercises

Knee extension weight machine

Short arc quads

Functional activities – Figure 8s, gentle loops, large zigzags

Pool therapy – Swimming laps

Quad stretches

**Goal** – Equal thigh girth

### **Months 6 – 12**

Isokinetic testing at 180 and 300 degrees/sec – Must have 80% of opposite leg to clear for straight line running

Continue appropriate previous exercises

Home/gym program

Agility drills / Plyometrics

Sit-up progression

Treadmill – Running progression program if cleared

Transition to home / gym program

### **Goals**

Return to all activities

***No contact sports until 12 months post-op***