



## ACL Reconstruction : Rehab Protocol

### **Injury – Day of Surgery (Pre-habilitation)**

- Regain full pain free range of motion
- Restore quadriceps strength and control

### **Week 0 – 2**

- No Brace
- Mobilize full weight bearing with crutches
- Double tubigrip bandage applied in theatre, to remain on for 14 days
- Clear dressings to remain intact
- **Physiotherapy**
  - Aim for full knee range of motion and regain quadriceps control

### **Week 2 – 6**

- Review in clinic at 2 weeks post-op
  - remove dressings and check range of motion
- Aim for normal gait without crutches
- **Physiotherapy**
  - Can commence gentle open chain hamstring exercised under supervision, no resisted quadriceps
  - Closed chain activities – stationary cycling, cross trainer

### **Week 6 – 12**

- Increased strength and control
- **Physiotherapy**
  - Proprioceptive training
  - All open chain exercises, quadriceps and hamstrings, progressing resistance and range
  - Cycling on normal bike, swimming with straight kicking (freestyle and backstroke)

### **Months 3 – 6**

- Can commence gentle change of direction and cutting activities
- **Physiotherapy**
  - Continued proprioception and strength training
  - Agility and endurance exercises

### **Months 6 – 12**

- Can commence sport specific training

### **12 months and with equal strength to uninjured side**

- Can return to competitive sport

**For any concerns or queries contact**

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