

# Vivaan Clinic, Nashik

## Post ACL reconstruction program

### Post-op

- NWB/PWB with brace as per doctors orders
- Be aware of concomitant meniscal repair
- Cocontractions in lying
- Knee flexion/extension on powder board
- Circulation exercises

### 0-2 weeks

- PWB with brace/crutches
- Achieve full extension in first week – use of heel roll
- Knee flexion to 90°
- Concontractions at 0, 10°, 30° in lying
- Patello-femoral mobilisations

### 2-4 weeks

- Standing squat against wall 0-30°
- Standing hip flexion, abduction, extension
- Standing/prone hamstring curls (tibia in ER)
- Wobbles/controlled flicks
- VMO with hip adduction
- Heel slides
- Calf raises (bilaterally)
- Exercise bike once 100° flexion (control by good leg)
- Prone hang for terminal extension (passive 0-500g weight)
- Scar massage
- Start proprioception eg. 2 leg standing balance, eyes open/closed
- ? tibial rotation if decreased ROM and especially if meniscal repair

### 4-8 weeks

- Knee flexion to 100° (active), 120° (passive)
- Stationary bike – mild resistance
- Step up/down
- Calf raises
- Half squats
- Flicks/wobbles
- Proximal stability
- One leg standing balance/balance board – avoid tibial rotation
- Pool walking, progress to jogging
- Closed chain leg press to 60°

### 9-11 weeks

- Unilateral knee bends
- Freestyle swimming
- Stairmaster
- Rowing machine
- Weight bearing knee flexion to 75°
- Mini-tramp drills (jumping, hopping)
- Multidirectional walking (forward, backward, side to side, figure 8, braiding)
- Hamstring strengthening
- Increase resistance/time on bike