

# **Jay F. Deimel, MD**

**ORTHOPAEDIC SURGERY**

**SPORTS MEDICINE**

## **KNEE ACL RECONSTRUCTION POST OPERATIVE PHYSICAL THERAPY PROTOCOL**

### ***Brace:***

Week 0-2: post-op hinged knee brace: locked at 10 deg (except in CPM or physical therapy)

Week 2-4: post-op hinged knee brace: unlocked from 0-70 deg (except for PT/washing)

After wk 4: transition from post-op brace to hinged knee sleeve

### ***Weight Bearing:***

Week 0-4: TDWB (touch-down weight bearing) with crutches

After wk 4: WBAT (weight bearing as tolerated), discontinue crutches

### ***ROM:***

Week 0-2: CPM: goal of 6-8 hours/day (some patients tolerate night-time)

\*start at 10-40 deg, increase 5-10 degrees each day to max: 0-90 deg

Physical Therapy: AAROM flexion sitting; PROM extension to 0 deg

After wk 2: discontinue CPM

Physical Therapy: AROM flexion to goal of 130 deg (full ROM by wk 6)

### ***Exercise:***

Week 0-2: ankle pumps, quad sets, SLR, patellar mobilizations, standing hamstring curls  
(only if not painful)

Week 2-6: stationary bike (low resist), hamstring curls, progressive quad resistance  
(shuttle), 4-way hip exercises

Week 6-12: increase resistance exercises, calf raises, swimming (no whip-kick), biking

Week 12-16: leg press, half-squats, agility training, half-speed jogging (level surface)

**Month 4-6:** jogging, biking, swimming, light tennis and golf, increase agility drills

**Month 6-9:** return to full activities and contact sports as directed by MD and therapist.

**\*Please direct questions to Dr. Deimel and his team at 814-454-2401.**