



**ACL RECONSTRUCTION
POST OPERATIVE THERAPY PROTOCOL
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ROM:

Week 0-2: AAROM/PROM: start 10-40°, increase 10 deg each day to goal of 0-90°
After wk 2: AROM goal of 0-130 deg by wk 6

Brace:

Week 0-2: post-op hinged knee brace: locked at 10 deg when walking (off for PT, CPM, washing
keep sutures dry)
Week 2-4: post-op hinged knee brace: locked from 0-70 deg when walking, unlocked at rest, (off
for PT, washing)
After wk 4: transition from post-op brace to no brace or optional hinged knee sleeve ("Playmaker")

Weight Bearing:

Week 0-2: TDWB (touch-down weight bearing, about 10-15 lbs), 2 weeks with 2 crutches
Week 2-4: Transition to WBAT (weight bearing as tolerated) with one crutch
After wk 4: WBAT, discontinue crutches

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