



**Nathan A. Mall, MD, CIME**  
The Orthopedic Center of St. Louis  
Cartilage Restoration Center of St. Louis  
14825 N. Outer 40, Suite 200; Chesterfield, MO 63017  
P: 314.336.2555 F: 866.276.7014

Post-Operative Protocol- ACL Reconstruction

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

\_\_\_\_\_ Provide patient with home exercise program

0-2 Weeks: ROM: 0-90° with emphasis on full extension  
D/C crutches when gait is non-antalgic  
Patella mobilization  
SLR supine, Quad Sets  
Ankle Pumps  
Short crank (90 mm) ergometry

2-6 Weeks: ROM: 0-125 degrees (Maintain full extension)  
Active knee extension from 40 degrees  
Standard (170 mm) ergometry (if knee ROM > 115 degrees)  
Leg Press (80-0 degree arc)  
Mini Squats / Weight Shifts  
Proprioception training  
Initiate Step Up program

6-14 Weeks: Progressive Squat program  
Initiate Step Down program  
Leg Press, Lunges  
Isotonic Knee Extensions (90-40 degrees, closed chain)  
Agility exercises (sport cord)  
Versa climber/Nordic Track  
Retrograde treadmill ambulation

14-22 weeks: Begin forward running (treadmill) program when 8" step down satisfactory  
Continue Strengthening & Flexibility program  
Advance Sports-Specific Agility Drills  
Start Plyometric program

> 22 weeks: Advance Plyometric program, Return to Sport (MD Directed)

\_\_\_\_\_ Other:

Modalities: \_\_\_\_\_ Electric Stimulation \_\_\_\_\_ Ultrasound \_\_\_\_\_ Heat before/Ice after

Frequency: \_\_\_\_\_ x/ week x \_\_\_\_\_ weeks

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