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Post-Operative ACL Reconstruction Protocol

0-2 Weeks:

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

2-6 Weeks:

ROM: 0-125 degrees (Maintain full extension)  
Active knee extension from 40 degrees  
Standard (170mm) 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)  
Versaclimber/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)