



ORTHOPEDIC SURGERY

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PODIATRY

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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

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ACL RECONSTRUCTION PROTOCOL Cadaver Graft

Day 1

Weight Bearing: WBAT with crutches

ACL Brace: To be worn with all activities for 6 weeks post-operatively

The brace should be worn with competitive sports for one full year post-operatively

Exercises:

- Quad Sets
- Hamstring Sets
- SLR
- Quad/Hamstring Co-contractions
- Ankle Pumps

Goals: Independent with home exercise program and crutch ambulation

Day 2-4

Weight Bearing: WBAT with crutches

Exercises:

- Quad Sets
- Heel Slides
- 4-way SLR
- Prone HS Curls
- Prone Hangs
- Passive Knee Sags
- Wall Slides
- Patellar Mobilization

Goals: ROM 0-90°

Day 5-10

Weight Bearing: Increase to full WB and d/c crutches

Exercises:

- Quad Sets
- 4-way SLR (resistance added above knee)
- Standing 4-way Hip with Thera-Band (resistance above knee)
- Hamstring Curls with Thera-Band (seated or prone)
- TKE with Thera-Band
- Standing Heel Raises (double then progress to single)
- Double Leg Partial Squats
- Forward Step-ups
- Lateral Step-ups
- Bike for ROM
- Prone Hangs (with weight at ankle)
- Wall Slides
- Patellar Mobilization
- Scar Massage

Goals: ROM 0-110° and full extension

Week 2-3

Weight Bearing: Full WB

Exercises:

- Continue to progress previous exercises
- Leg Press
- Stool Scoots
- Retro Step-ups
- Isotonic HS curls
- Proprioception EX (BAPS, Single Leg Balance, etc...)

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- Stairmaster or ARC
- Soleus Ee
- Bike with Resistance

Goals: ROM 0-110°

Full extension, if not achieved then Grade I posterior tibial-femoral

glides

Week 4-5

Exercises:

- Continue to progress previous exercises
- Cone-Stepping Drills
- Stool-Stepping Drills
- Wall Squats
- Intensive Proprioceptive Drills
- Walking Drills (retro, side-stepping, carioca)

Goals: Full ROM

Week 6-9

Exercises:

- Continue to progress previous exercises
- Mini tramp Jumping
- Pool Therapy

Week 10-11

Exercises:

- Continue to progress strengthening exercises
- Rope Jumping

Month 3

- Continue to progress strengthening exercises
- Jogging
- Jumping

Month 4

- Continue to progress previous exercises
- Agility Drills
- Lateral cone jumping

Month 5

- Sport Specific Drills
- Plyometrics

Month 6

- Cutting Drills

Return to full activity dependent on level of strength, stability and functional abilities and amount of cutting in sport. Continue to work intensively on strengthening, Proprioception and agility exercises.

Athlete must pass a functional agility test prior to return to sport

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