



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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2301 HWY 71, Suite E
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Phone: 712-336-8708
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www.nwiabone.com

ACL RECONSTRUCTION PROTOCOL Patellar Tendon Graft/ Autograft

Day 1

Weight Bearing: WBAT with crutches

Brace: To be worn with all activities for 3 months 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

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- Retro Step-ups
- Isotonic HS curls
- Proprioception EX (BAPS, Single Leg Balance, etc...)
- 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)
- Mini-Tramp Jogging

Goals: Full ROM

Week 6-9

Isokinetic Evaluation (with anti-shear) can be done, if ordered by physician
If 70% of uninvolved then begin the following exercises

- Continue to progress previous exercises
- Functional Drills
- Jogging
- Agility Drills
- Rope Jumping

Week 10-11

Exercises:

- Continue to progress strengthening exercises
- Plyometric Drills
- Figure 8
- Cutting Drills
- Carioca
- Sports-Specific Drills

Week 12-14

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.

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