



Sunshine Coast Orthopaedic Clinic

POST-OPERATIVE REHABILITATION FOR ACL RECONSTRUCTION

Day 1

Surgery

Aim to walk independently

Day 2

Home in splint
Can take splint off for exercises
Touch weight-bear with crutches

At week 4

Begin with regular physio
Aim for 0-100° bend with full weight-bear
Quads and hamstrings biofeedback/stimulation
Prone hangs if not full extension
10cm step ups, calf raises
Partial squats to 45° bilaterally
Bike (no tension), gentle wobble board

At week 1

Gentle exercises
Encourage calf movement
Partial weight-bear by end of week

At week 2

Reviewed by Dr Lawrie
Remove splint
Should have 90° bend
Fully weight-bear
Co-contractions, Straight leg raise with no resistance

At week 6

Add swimming – gentle only – no flicking

At week 3

At week 10

Progress exercises and add resistance

ALL QUADS EXERCISES MUST BE CLOSED CHAIN

Aim 0-130°

Add mini-tramp, wobble board, lunges and slide board

At 4 months

Begin dynamic activity
Increase speed and agility
Graduate all exercises to develop strength
Begin light jogging

At 5 months

Progress running and early sport activity
Begin Fig8, direction changes, slopes
Begin sport specific exercises and individual skills
Protect ACL with a knee sleeve or taping

At 6 months

If all parameters are good and confident of ability - return gradually to full activity