



DR. MICHAEL BARROW ACL RECONSTRUCTION – REHABILITATION PROTOCOL

	<u>POST OP WEEK</u>			<u>POST OP MONTH</u>		
	1 to 2	3 to 6	6 to 12	3 to 6	6 to 9	9+
Brace	0° to 90°/120°	-	-	-	-	-
Weight-bearing (normal gait pattern)	WBAT	FWB	FWB	FWB	FWB	FWB
ROM	Extension	0°	0°	0°	0°	0°
(minimum goal)	Flexion	90°	135°	135°	135°	135°
Oedema management (RICE)	✓	As reqd.	As reqd.	As reqd.	As reqd.	As reqd.
Stretching Heel hangs	✓	✓	As reqd.	As reqd.	As reqd.	As reqd.
Hamstrings, calf, ITB, quads	✓	✓	✓	✓	✓	✓
Patella mobilisations	✓	✓	✓	As reqd.	As reqd.	As reqd.
Strengthening Isometric quads, SLR	✓	✓	✓	✓	✓	✓
Active knee flexion / extension (foot sliding)	✓	✓	✓	✓	✓	✓

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Closed chain (gait re-ed, mini squats, wall slides, toe standing, leg press)	✓	✓	✓	✓	✓	✓
Hamstring curls		✓	✓	✓	✓	✓
Open chain knee extension	-	-	-	90°-30°	90°-0°	90°-0°
Hip extension, abduction, adduction	✓	✓	✓	✓	✓	✓
Cardiovascular stationary bicycle		✓	✓	✓	✓	✓
Step machine / swimming – straight kicks			✓	✓	✓	✓
Running – straight				✓	✓	✓
Proprioception (e.g. weight transfers, balance board, mini tramp)		✓	✓	✓	✓	✓
Dynamic stability (e.g. stepping on / off different surfaces and in all directions)			✓	✓	✓	✓
Sport specific / agility drills (e.g. shuttle runs, cariocas, figure 8's)				✓*	✓	✓
Plyometrics (e.g. bounding, hopping, jumping)				✓*	✓	✓
Activities						
Work – sedentary		✓	✓	✓	✓	✓
Work – heavy			✓**	✓	✓	✓
Driving			✓	✓	✓	✓

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Full sports					√**	√

*Progressed within limits of pain, swelling and muscle control.

**Dependent on type of employment / sport