

Accelerated Rehabilitation Program for ACL Reconstruction

1 TO 3 Days	Cryocuff applied in surgery for full-time use. Continuous passive motion. Passive ROM exercise (foot propped on pillows) for terminal extension and 90 degree flexion. Straight leg raise for quadriceps control. Weight bearing, as tolerated.
1 DAY or OUT PATIENT P/T	Discharge from hospital.
7 TO 10 DAYS	Continue use of Cryocuff as needed. ROM – terminal extension, prone hangs and towel extensions. Wall slides, heel slides, active assisted flexion. Strengthening knee bends, step-ups, calf raises, leg press, Stairmaster. Discontinue crutches, progress to full weight bearing.
2 TO 3 WEEKS	ROM – terminal extension to 100 degree flexion. Unilateral knee bends, step-ups, calf raises, leg press, Stairmaster. Quarter squats and calf raises in the squat rack, bicycling, swimming. Walk with normal gait pattern.
5 TO 6 WEEKS	ROM – terminal extension to 130 degree flexion. Lido testing. If strength is adequate, start lateral shuffles, cariocas and jumping. Rope, continue weight room activities, bicycling and swimming. Begin sport-specific activities.
12 WEEKS	Full ROM – strength testing, Lido testing, increased agility workouts. Continue running program and sport-specific activities.
16 WEEKS	Repeat strength assessment, Lido testing. Gradual return to normal sporting activities. Brace recommended.