



Cartilage Repair Center

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ACL Allograft Reconstruction Protocol

Stage 1 – 6-8 weeks

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

RESTORE QUADRICEPS CONTROL

BRACE

- ♦ Discontinue Hinged knee brace and crutches with permission from MD as indicated below:
 - Good quad set, SLR without extension lag
 - Patient may exhibit antalgic gait – consider using single crutch or cane until gait is normalized

THERAPY

- ♦ Wall slides 0-45 degrees, progressing to mini squats
- ♦ 4-way hip
- ♦ Stationary bike (begin with high seat, low tension to promote ROM, progress to single leg)
- ♦ Closed chain terminal extension with resistive tubing or weight machine
- ♦ Toe raises
- ♦ Balance exercises (e.g. single-leg balance, KAT)
- ♦ Hamstring curls
- ♦ Aquatic therapy with emphasis on normalization or gait
- ♦ Continue hamstring stretches, progress to weight-bearing gastroc/soleus stretches

COMMENTS

- ♦ CPM not commonly used

For Outpatient Physical Therapist:
2-3x week / 3 weeks



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