

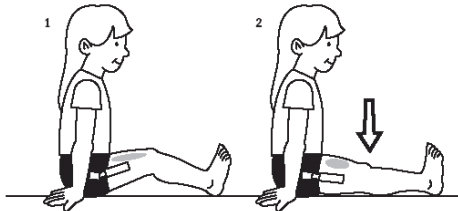
ACL reconstruction (and related surgeries)

Brace for ambulation 7-10 days then off (remove for exercises)



First 2 weeks

- Ice – 15 minutes, 4 times per day, for first 5 days
- Ankle pumps
- Flexion exercises, to 90° **AND STATIC QUADS 5-10 MIN EVERY HOUR**



STATIC QUADS



- **2 – 6 weeks: All exercises above PLUS:**
- Closed chain quads exercises
- Increase range to 125°
- Increase quads and hamstring stretches
- Pool walking/exercise bike
- Proprioceptive exercises

6 weeks – 3 months: Increase closed chain exercises if pain free and no swelling

- Increase light duties
- Resisted quads and hamstrings exercises
- Rebounder
- Single leg proprioceptive exercises

3 months + - open chain exercises

- Free kicking in pool
- Running
- Kicking ball
- Back to manual job

6 months + - sports specific re-training

7 – 9 months – return to high demand (pivot) sport