

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION PROTOCOL BONE PATELLAR TENDON BONE (B-PT-B)

WEEKS 0-2 _____ TO _____

GOALS:

- Decrease pain and effusion
- Range of motion 0°-90° emphasizing terminal extension
- Good VMO control and tone
- Full weight bearing with axillary crutches

TREATMENT PLAN

- Cold packs, ice, compression boot, elevation
- Patellar mobilization
- Stretching and range of motions exercises:
 - Towel stretches
 - Sitting in full extension with heel prop
 - Prone hang
 - Heel slides/Active assisted ROM
- Thera-Band ankle exercises
- Neuromuscular stimulation VMS to the VMO on table in long sitting position
- Biofeedback
- Active quadriceps setting (isometrics)
- Straight leg raises
- Calf raises
- Mini squats (partial)
- Weight shifting
- Gait training with crutches
- Girth measurements

WEEKS 2-6 _____ TO _____

GOALS:

- Eliminate effusion
- Good patellar mobility and tracking
- Good quad set and control
- Full passive and active range of motion
- Normal gait pattern full weight bearing

(WEEK 2-6)

TREATMENT PLAN

Continue with 0-2 week plan of care, weaning exercises as appropriate. The following exercises may be added as appropriate.

- Stationary bike
- Prone knee flexion
- Thera-Band knee extension
- Calf raise on floor progressing to single leg raise progressing to weighted calf raise
- Quarter squats progressing to wall sits progressing to weighted quarter squats
- Step ups
- Lateral step ups
- Straight leg raises progressing to multi hip machine at 15-20#
- Leg press 10°-60° two legs with ball squeeze progressing to single leg
- BAPS board
- Stairmaster
- Standing balance activities progressing to trampoline
- Girth measurements

WEEKS 6-10 _____ TO _____

GOALS:

- Recover strength
- Increase proprioception
- Successfully progress to open kinetic chain

TREATMENT PLAN

Continue with the 2-6 week plan of care, weaning exercises as appropriate. The following exercises may be added as appropriate.

- Active warm up prior to each exercise session
- Leg press 10°-90°
- Lateral agility exercise – side to side progressing to side to side over a box
- **At 8 weeks:** may add open chain strengthening: quad board progressing to resisted quad board progressing to leg extension progressing to isokinetics as appropriate. **Athlete must have no patellar femoral joint symptoms and normal patellar mobility to progress to this stage. Must be cleared by physician!!!!**
- Girth measurements

WEEKS 10-16 _____ TO _____

GOALS:

- Recover full strength
- Recover full pre-injury function
- Recover proprioception
- Recover full pre-injury, sport specific function

TREATMENT PLAN

Continue with 6-10 week plan weaning exercises as appropriate.

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- First isokinetic strength test at 12 weeks at earliest
- Eccentric exercise as appropriate when strength is 90%
- Girth measurements
- Functional testing when strength test is at 85%

CRITERIA FOR RETURN TO SPORTS

75% - 80% QUAD STRENGTH:

- May begin straight ahead jogging
- Progress to sprinting activities, cutting and sports specific functional activities as tolerated when strength is at 90%

- **85-100/100 on functional knee test score**
- Return to full activity with functional knee brace
- Continue with maintenance program for quadriceps tone and strength

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