

## POST OPERATIVE ACL REHAB

- No brace.
- Discharge day 1 post op.
- Closed chain exercises for 1st four months
- If there is an associated meniscal repair than a hinged knee brace is worn for 6/52 with a range of 0 - 90 degrees followed by a further 6 weeks of no deep squats or lunges.

GOALS	EXERCISES
<b>Phase 1 - First 2 weeks</b> Aim for 0-90 degrees Protect graft fixation Alleviate pain and inflammation Weight bearing as tolerated with crutches	Ice and compression bandaging Heal slides Patella mobilisation Prone knee flexion Electrical stimulation as needed.
<b>Phase 2 - 2-6 weeks post op</b> Aim for 0-125 degrees Increase quads/hamstring strength increase hip strength	Continue phase 1 exercises Calf raises Pool therapy starts at 3/52 Wall slides 0 - 45 degrees Calf stretches
<b>Phase 3 - 6 weeks to 4 months</b> Full symmetric ROM Independent ambulation Improve strength, endurance and proprioception	Continue phase 2 exercises Flexibility and strengthening program Step ups mini squats One leg squats Start cycling at 6 weeks Light jogging at 3 months
<b>Phase 4 - 4 months until full activity</b> Preparation for return to sport Sport specific training Working on power, proprioception and strength	Continue strengthening exercises. Start sprinting, backwards running and cutting Sport specific training drills