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Post-Operative Rehabilitation: ACL Reconstruction

Phase 1 Physical Therapy (0-6 weeks)

- Brace locked in extension for ambulation x 2 weeks, then will be unlocked at 2nd post op visit per physician; WBAT
- Progress ROM as tolerated
 - Goal: 0-90 degrees at 4 weeks
 - Goal: 0-130 at 6-8 weeks
- NO open-chain exercises
- Soft tissue mobilization, patellar mobilization, isometric exercises, core strengthening
- Tactile and verbal cueing to enable non-compensatory gait patterning
- HEP: leg bridge for extension, heel slides for flexion, ankle pumps
- Isometric exercises for core, glutes, quadriceps, hamstrings

Phase 2 Physical Therapy (6-12 weeks)

- Continue ROM progression
- Initiate closed-chain strengthening and planks advancing as tolerated
- Proprioceptive training
- Standing weight shifts, backward/lateral walking without resistance
- Soft tissue mobilization, patellar mobilization, isometric exercises, core strengthening
- Initiate step-up and step-down programs

Phase 3 Physical Therapy (12-24 weeks)

- Focus on functional exercises in all planes, advance only when fully controlled
- Advance closed-chain and core strengthening
- Proprioceptive training
- May begin straight treadmill jogging once able to perform single leg squat appropriately (will be cleared per physician)

Phase 4 Physical Therapy (24+ weeks)

- Advance closed-chain and core strengthening as needed
- Continue proprioceptive training
- Progress sport-specific drills and plyometrics (per physician)