



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

ACL Reconstruction

0–2 Weeks EARLY PROTECTION

- WBAT, Brace locked at 0° for ambulation and sleeping; D/C crutches when gait is non-antalgic
- **ROM:** 0–90° with emphasis on full extension; patella mobilization; SLR supine with brace locked at 0°, Quad Sets
- Ankle Pumps; short crank (90mm) ergometry

GOALS Full extension · Walk without crutches

2–6 Weeks RESTORE MOTION

- **Brace:** unlocked when quad control is adequate; discontinued brace when quad control is adequate (typically 4 weeks)
- **ROM:** 0–125° (Maintain full extension); active knee extension from 40°; standard (170mm) ergometry (if knee ROM > 115°)
- Leg Press (80–0-degree arc); mini squats / weight shifts; proprioception training; initiate step-up program

GOALS 0–125° motion · Out of the brace

6–14 Weeks BUILD STRENGTH

- Progressive Squat program; initiate step-down program; leg press, lunges
- Isotonic Knee Extensions (90–40°, closed chain preferred); agility exercises (sport cord); versa climber/Nordic track
- Retrograde treadmill ambulation

GOALS 8" step-down

14–22 Weeks RETURN TO RUNNING

- Begin forward running (treadmill) program when 8" step down satisfactory; continue strengthening & flexibility program
- Advance Sports-Specific Agility Drills; start plyometric program

GOALS Pain-free running

22+ Weeks RETURN TO SPORT

- Advance Plyometric program, Return to Sport (MD Directed)

GOALS Back on the field

Return to Sport & Discharge Criteria

- No effusion; full pain-free ROM; quad strength $\geq 90\%$ of opposite side
- Hop battery $\geq 90\%$ symmetry; agility & plyometrics without pain, swelling, or giving way
- Return to sport when cleared by Dr. Kelly

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.



TRI-CITY ORTHOPEDICS · 6703 W RIO GRANDE AVE, BUILDING B, KENNEWICK, WA 99336 · (509) 460-5588 · SHAYNEKELLYORTHOD.COM