

PT Protocol: ACL / Tibial Spine Avulsion Repair

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ROM RESTRICTION

0-30 x 4 weeks
Then full ROM

BRACE SETTINGS

Hinged Knee
brace x 6 weeks
(until no quad
lag).

Brace locked in full extension for weight bearing x 4 weeks (0-30 when not weight bearing). After 4 weeks, full range of motion.

**Weight
Bearing status**

20lb FFWB x 2 wks with knee locked straight; then Partial (50%) weight bearing x 2 wks with knee locked straight; then Partial (50%) weight bearing with brace unlocked x 2 more weeks. Then WBAT

Weeks post-op											
ROM & Muscle Initiation	1	2	3	4	5	6	7 – 12+	13 –18+	19–24+	25–28+	29+
Flexion/Extension – Wall slide											
Flexion/Ext – seated/calf assisted											
Patella/Tendon mobilization											
Extension mobilization (no hyperext)											
Quad sets (start BFR at 2 weeks)											
Hamstring sets											
Terminal knee extension, Straight leg raise (when no quad lag)											
Ankle pumps											
Bike with no resistance											
Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
Muscular Endurance 3 x 15, 45s rest							7 – 12+				
Lateral band stepping											
Single leg leg press (+/- BFR)											
Squat progression (+/- BFR)											
RDL											
Tuck squat											
Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
Muscular Strength 3 x 10 120s rest								13-18+			
Lateral band stepping											
Single leg leg press											
Hex bar squat											
Kettlebell deadlift											
Elevated split squat											
Progress to power: 19+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
Muscular Power 3 x 6, 180s rest									19-24+		
Front squat											
Barbell deadlift											
Split jumps											
Sled drags											
Progress to running: 25+ weeks & Triple hop distance >90% of unaffected side											
Running, Speed & Agility										25-28+	
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities									19-24+		
Golf, outdoor biking											
Clearance for other activities is made by Dr. Haber and based on different factors including passing the included progression criteria											