

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

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ACL Reconstruction Protocol

- **0 Day of Operation – 3rd Post op Day:**
- Ankle Toe Movments
- Leg rolling
- Static Quadriceps
- Rigid Knee Brace to be worn at all the time (walking & sleeping), remove the brace while exercising for 15min 3-4 times a day.

- **3rd Post op Day**
- Non Weight Bearing Walking on Crutches
- Progress to partial weight bearing from 5th Post Op Day & to Full weight Bearing by 15th post op day.
- Start knee Flexion (bending) to about 5 degrees. Increase 5 degrees every day ---
- By end of 1st week 30 degrees of knee flexion
- By end of 2nd week 60 degrees of knee flexion
- By end of 3rd week 90 degrees of knee flexion

- **10th Post Op Day**
- Sutures removed
- Start Isometric Hamstrings
- Inside dressing removed & can take complete bath (Unless Doctor advises otherwise)
- Rigid Knee brace continues to be worn for 21 days from the day of the operation but can be removed intermittently for bathing & toilet activities. *Brace strictly to be used while walking & sleeping till the end of 21st post op day.*

- **15th Post Op Day**
- Give up Crutches & now walk with full weight on the operated Leg
- Knee bending must reach about 60 degrees.

- **21st Post Op Day**
- Give up Rigid knee Brace & start wearing Hinged knee cap.
- Hinged knee cap to be used only while walking outside the house.
- No brace required while sleeping.
- Start exercises as attached... first 1 week without weight, progressing to 1 & 2 kgs for next 2 weeks.

- **6 week Post Op (GYMNASIUM) for next 6 months at least.**
- Start Cycling (starting with 10min initially progressing to 30-45min)
- Leg Press
- Hamstring Curls
- Calf Raises
- Half squats

AVOID:

Leg Extensions / Lunges / Treadmill / Stepper / Deep Squats

All the exercises to be done 10-15 repetitions 3 times a day.

Gymnasium: - 15 reps /4 sets light weights / 4 times a week.