

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

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ACL + PLC post operative protocol:

0 – 4 Weeks:

- Knee Immobilized in the Extension in the Rigid Knee Brace.
- From 3rd day NWB walking gradually progress to PWB to FWB in 4 weeks
- Isometric quadriceps
- Ankle toe movements
- Straight leg raises from 7th day
- Hip abduction from 7th day
- Passive knee bending from 3rd day
 - 0-30 degrees 1st week
 - 0-45 degrees 2nd week
 - 0-60 degrees 3rd week
 - 0-90 degrees 4th week
 - 0-120 degrees 6th week

4 – 6 weeks:

- Hinged knee cap only for walking for 4 months
- Isometric Hamstrings
- Half wall squats
- Straight leg raises with 1 kg ankle weight
- Hip abduction with 1 kg ankle weight
- Prone lying knee bending to increase ROM of knee beyond 90 degrees

6 – 8 weeks:

- Dynamic knee bending
- Cycling

8 weeks onwards:

- Gym program
 - o Leg press
 - o Hamstring curls
 - o Half squats
 - o Calf raises
 - o Hip abduction

AVOID FOLLOWING till follow up:

- Leg extension
- Lunges
- Treadmill
- stepper

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