

Division of Pediatric Orthopaedics

Flo Edobor-Osula MD, MPH

90 Bergen Street, Suite 7300

Newark, NJ 07103

Tel: (973) 972-2076

Fax: (973) 972-1080

PEDSORTHO@NJMS.RUTGERS.EDU

**ACL RECONSTRUCTION WITH LCL REPAIR/RECONSTRUCTION
POST-OPERATIVE PHYSICAL THERAPY PROGRAM**

Weeks 0-4

Primary goals: Eliminate swelling; ROM – full extension; TDWB; Regain quad control, Protect Biceps Femoris

- TDWB 4 weeks
- Brace locked in extension for ambulation with crutches with return of active straight leg raise
- Brace locked in extension for sleep
- ROM limited to 0-90°
- Patella mobilization

Weeks 4-6

Primary goals: Increase ROM; Increase total leg strength; Normalize gait

- ROM as tolerated (minimum 0-110°)
- Emphasize patellar mobilization
- Stationary bike
- Step ups: anterior – 4 inches @ 4 weeks; 6 inches @ 6 weeks

Weeks 6-10

Primary goals: Increase ROM; Increase total leg strength; Normalize gait

- Balance board – Bilateral: frontal and sagittal planes
- Half squats
- BAPs – FWB
- Unilateral stance
- Leg press – Bilateral 0-90°
- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight
- Mini squats – bilateral
- Step ups – Anterior: 8 inches
- Step ups – Anteromedial: 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches
- Unilateral squats, stance, quad sets

Weeks 8-12

Primary goals: Increase functional leg strength; Normalize balance and proprioception

- 2# ball toss on trampoline – unilateral stance – increase dispersion with improved control
- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Stairmaster – contralateral rotation and straight
- Sliding board

Weeks 12-16

Primary goals: Increase agility and speed of training; Normalize strength; Increase muscular endurance

- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume
- Fitter side-side
- Slow jogging (straight ahead)

Months 4-8

Primary goals: Gradual return to athletic activity; Discharge onto home program

- Jumping
- Unilateral hopping
- Agility drills; running, cutting