

ACL rehab protocol

Duration	Rehabilitation
0 to 3 weeks	Long knee brace at all times. Ice packs for first few days for pain relief. Static quads and ankle toe exercises. Weight bear as tolerated / full weight bear from day 1. Crutches or walking stick for a few days if required. Aim for 100 to 110 degrees flexion. No open chain exercises.
3 to 6 weeks	Discard long knee brace. Hinged knee cap to be worn while walking. Aim for full range of movement. Open chain exercises for hamstrings and quadriceps strengthening, hip strengthening exercises.
6 to 12 weeks	Hinged knee cap to be worn while walking. Gym – Cycling, cross trainer and walking on treadmill (with hinged knee cap) leg press, leg extensions, knee curls, hip abduction and adduction strengthening. Squats and lunges to be avoided.
12 weeks to 6 months	Discard hinged knee cap. Squats and lunges. Core strengthening exercises. Straight line running progressing to fig of 8 running around 4th or 5th month.
6 months to 9 months	Sports specific rehab as per individual requirement. Gradual return to sports.

Please note that these are general guidelines and may need to be modified depending upon individual patient requirement.

If any deviation from this protocol is desired, kindly discuss it with the surgeon beforehand.