



DR. MICHAEL BARROW ACL AND POSTEROLATERAL CORNER RECONSTRUCTION – REHABILITATION PROTOCOL

	<u>POST OP WEEK</u>				<u>POST OP MONTH</u>		
	1 to 2	3 to 4	5 to 6	7 to 12	4 to 5	6 to 9	9 to 12
Brace (Hinged P.O. ROM brace)	0° to 40°	FROM	FROM	-	-	-	
Weight-bearing (normal gait pattern ASAP)							
Varus knees	T-PWB	T-PWB	FWB	FWB	FWB	FWB	FWB
Normal knee alignment	PWB	PWB	FWB	FWB	FWB	FWB	FWB
ROM Goal	0° to 70°	0° to 90°	0° to 110°	0° to Full	0° to Full	0° to Full	0° to Full
ROM Exercises (within set ROM)							
Active assisted knee flexion / extension (foot sliding)	√	√	√	√			
Active knee flex / ext. (foot sliding, except biceps reattachment)	√	√	√	√			
Passive knee flex (proximal tibial force directed anteriorly)	√	√	√	√			
Oedema management (RICE)	√	√	√	As reqd.	As reqd.	As reqd.	As reqd.

	POST OP WEEK				POST OP MONTH		
	1 to 2	3 to 4	5 to 6	7 to 12	4 to 5	6 to 9	9 to 12
Stretching							
Hamstring, calf	✓	✓	✓	✓	✓	✓	✓
Patella mobilisations	✓	✓	✓	✓	As reqd.	As reqd.	As reqd.
Strengthening Isometric quads / SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain (gait re-ed protected weigh bearing as required)	✓	✓	✓	✓	✓	✓	✓
Mini squats, wall slides (allowed to weight bear) toe standing		✓	✓	✓	✓	✓	✓
Open chain knee extension				90°-30°	90°-30°	✓	✓
Hamstring curls					✓	✓	✓
Leg press			✓	✓	✓	✓	✓
Hip extension, ABD, ADD (avoid varus / valgus stresses on knee)	✓	✓	✓	✓	✓	✓	✓
Cardiovascular stationary bicycle / swim, straight kick				✓	✓	✓	✓
Step machine				✓	✓	✓	✓
Running – straight						✓	✓
Proprioception (e.g. weight transfers, balance board, mini tramp)			✓	✓	✓	✓	✓
Dynamic stability (e.g. stepping on / off different surfaces and in all directions)				✓*	✓	✓	✓

	<u>POST OP WEEK</u>				<u>POST OP MONTH</u>		
	1 to 2	3 to 4	5 to 6	7 to 12	4 to 5	6 to 9	9 to 12
Sport specific / agility drills (e.g. shuttle runs, cariocas, figure 8's)					√*	√	√
Plyometrics (e.g. bounding, hopping, jumping)					√*	√	√
Activities							
Work – sedentary		√	√	√	√	√	√
Work – heavy				√**	√**	√**	√**
Driving				8W	√	√	√
Full sports							√

*Progressed within limits of pain, swelling and muscle control.

**Dependent on type of employment / sport