

# Oxford Knee Group

## Rehabilitation protocol for ACL reconstruction (Mr William Jackson)

		weeks			months		
		0-2	2-6	6-12	3-6	6-9	9-12
<b>Brace</b>		x	x	x	x	x	x
<b>Weight bearing</b>		Full	Full	Full	Full	Full	Full
<b>ROM</b>	extension	0	hyper ext	hyper ext	hyper ext	hyper ext	hyper ext
	flexion	90	120	135	135	135	135
<b>Management of swelling</b>		RICE	RICE	as req	as req	as req	as req
<b>Stretches</b>	heel hangs	x	✓	✓	as req	as req	as req
	ham, quads, ITB	✓	✓	✓	✓	✓	✓
	Patella mob	✓	✓	✓	as req	as req	as req
<b>Strengthening</b>	Iso quads, SLR	✓	✓	✓	✓	✓	✓
	Active ROM (slides)	✓	✓	✓	✓	✓	✓
	Closed chain	✓	✓	✓	✓	✓	✓
	Hamstring curls	✓	✓	✓	✓	✓	✓
	Open Chain	x	x	x	✓	✓	✓
	Hip exercises	✓	✓	✓	✓	✓	✓
<b>Cardio</b>	Exercise Bike		✓	✓	✓	✓	✓
	Step Machine			✓	✓	✓	✓
	Swimming			✓	✓	✓	✓
	Running (straight)				✓	✓	✓
<b>Proprioception</b>	Balance board, Mini tramp		✓	✓	✓	✓	✓
	Simple side steps			✓	✓	✓	✓
	PEP programme				✓	✓	✓
	Sport specific (shuttles)				✓	✓	✓
	Plyometrics					✓	✓
<b>Work</b>	Sedentary		✓	✓	✓	✓	✓
	Manual (Heavy)			✓*	✓	✓	✓
	Driving		✓*	✓	✓	✓	✓
<b>Full Sports</b>							✓*

✓\* depending on individual patient factors/ type of work,sport/ progress with rehab