



ORTHOPEDIC ASSOCIATES OF CENTRAL CONNECTICUT, P.C.

**STEVEN E. SELDEN, M.D.**

ARTHROSCOPIC SURGERY  
KNEE AND SHOULDER SURGERY  
SPORTS MEDICINE  
GENERAL ORTHOPEDICS

## ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

### PHYSICAL THERAPY PROTOCOL

STEVEN SELDEN MD

#### PHASE I: 1st WEEK POST SURGERY

POST-OP KNEE IMMOBILIZER TO BE USED DAY AND NIGHT  
PARTIAL WEIGHT BEARING WITH CRUTCHES  
BRACE REMOVED 3X DAY FOR ACTIVE KNEE FLEXION AND  
PASSIVE EXTENSION-MILD HAMSTRING RESISTANCE  
15 REPETITIONS  
STRAIGHT LEG LIFTS-10 REPETITIONS 3X DAY IN BRACE  
ICE AFTER EXERCISING FOR 15 MINUTES  
KEEP WOUND DRY-MAY SHOWER WITH PLASTIC BAG  
ELEVATE TO DIMINISH SWELLING  
PRONE EXTENSION HANGS

CALL THE OFFICE IF YOU EXPERIENCE SEVERE PAIN, SWELLING, OR  
A HIGH TEMPERATURE. YOUR FIRST VISIT IN THE OFFICE SHOULD  
BE APPROXIMATELY 3-5 DAYS FOLLOWING SURGERY.

#### PHASE 2: 2ND AND 3RD WEEK POST SURGERY

DISCONTINUE CRUTCHES AT 10-14 DAYS AS TOLERATED  
DISCONTINUE BRACE AT 14-21 DAYS AS TOLERATED  
MAY SLEEP WITHOUT BRACE  
FULL WEIGHT BEARING WITH CRUTCHES OR CANE  
ACTIVE KNEE EXTENSION EXERCISES

PASSIVE PATELLA MOBILIZATION  
ISOMETRIC MULTI-ANGLE QUADRICEPS EXERCISES  
ISOMETRIC QUADRICEPS RESISTANCE AT 90  
HIP FLEXION AND ABDUCTION STRENGTHENING  
ELECTRIC STIM  
MINI SQUATS

PRONE EXTENSION HANGS  
STATIONARY BICYCLE-LOW RESISTANCE  
HIP AND ANKLE STRENGTHENING

### PHASE 3: 4-8 WEEKS POST SURGERY

DISCONTINUE POST-OP BRACE-MAY USE NEOPRENE SLEEVE  
FULL WEIGHT BEARING WITH / WITHOUT CANE  
BICYCLE EXERCISES  
POOL EXERCISES  
BAPS BOARD  
HAMSTRING ISOMETRIC AND ISOTONIC EXERCISES  
HIP AND ANKLE STRENGTHENING  
CLOSED CHAIN EXERCISE PROGRAM CONTINUED  
CONTINUE PHASE 2 EXERCISES

### PHASE 4: 8-12 WEEKS

CONTINUE ALL PREVIOUS EXERCISES-INCREASE RESISTANCE  
ACTIVE FULL EXTENSION EXERCISES  
AEROBIC WORKOUT  
SINGLE LIMB BALANCING  
WALKING PROGRAM

### PHASE 5: 3-6 MONTHS

WALKING PROGRAM

CLOSED KINETIC CHAIN EMPHASIS  
ECCENTRIC TRAINING  
ISOKINETICS  
RUNNING PROGRAM  
ENDURANCE TRAINING (BICYCLE OR STAIR MASTER)  
AGILITY TRAINING