

PHYSIOTHERAPY GUIDELINES FOR MR PIMPALNERKARS PATIENTS
FOLLOWING ACL RECONSTRUCTION

Hamstring graft

0 – 14 days

Goals:

1. Maintain passive straight knee
2. Minimise swelling
3. Ensure patella remains mobile

Action:

1. Splint worn at all times except when showering
2. Weightbearing as tolerated with splint – start at 50% and increase as tolerated to full weightbearing.
3. Cryo cuff applied for 20 minutes every 2 hours
4. Remove tubigrip after 48 hours
5. Advise no driving for 6 weeks
- 6. Arrange physio appointment at 14 days post-op and provide contact number**

Exercises:

1. Static Quads
- 2. No active knee flexion**
3. Perform patella mobilisations as instructed

14 – 28 days

Goals:

1. 0 – 90° range of movement – active flexion
2. Maintain passive straight knee
3. Minimise swelling
4. Ensure patella remains mobile

Action:

1. Begin weaning off splint as instructed by consultant
2. Weightbearing as comfortable with elbow crutches
3. Cryo cuff applied 20 minutes every 2 hours
4. Begin soft tissue mobilisation to hamstring donor site

Exercises:

Mobilising: 10 reps x 5 daily

1. Active knee flexion 0 – 90° - Heel slides supine
2. Passive knee extension – rolled towel under ankle
3. Perform patella mobilisation as instructed.

Strengthening 10 reps x 5 daily

1. Static Quads
2. Hamstring curl in prone

4 – 6 weeks

Goals:

1. Maintain knee extension at 0°
2. Range of movement 0° - 110°
3. Full weightbearing without crutches
4. Hamstring strength – achieve 2 sets of 10 reps hamstring curls with theraband
5. Quads strength – achieve 1 set of 15 reps 1/3 double leg squats

Action:

1. Continue weaning off splint if necessary
2. Aim for full weightbearing
3. Monitor and control swelling, use ice as appropriate

Exercises:

Mobilising

1. Passive knee extension – rolled towel under ankle
2. Prone knee hangs
3. Heel slides in supine
4. Wall slides – lie supine on floor with foot on wall and let gravity assist flexion
5. Hamstring stretches
6. Calf stretches

Stengthening: 2 x 10 reps 3 x daily

1. Hamstring curls in prone
2. Seated hamstring curls with Theraband
3. Floor bridges, progress to single leg as appropriate
4. Weight transference exercises in standing
5. ¼ double leg squats
6. ¼ double leg squats with ball between knees
7. Posterior gluteus medius in side lying
8. Resisted hip adduction with Theraband in standing
9. Calf raises

Proprioception:

1. Single leg stands

Additional Options

Stepper/x-Trainer/Stationary bike (low resistance)

6 – 8 weeks

Goals:

1. Improve proprioception and balance
2. Range of movement 0 – 130°
3. Up to 20 – 30 minutes aerobic activity
4. Hamstring/gluteal strength – 1 set of 20 double leg bridges on gym ball
5. Quads strength – 1 set of 20 1/3 single leg squats

Exercises:

Mobilising

Exercises 1 – 6 plus quads stretch

Strengthening: 3 x 10 reps 3 x daily

1. Prone hamstring curls plus resistance
2. Double leg bridging on gym ball progress to single leg as able
3. Single leg ¼ squats progressing to single leg 1/3 squats
4. Double leg squats with Theraband under feet
5. Double leg squats with gym ball against wall
6. Single leg calf raises

Proprioception:

1. Single leg stands on trampette/sit-fit.

Additional options As for 4 – 6 weeks plus

1. Leg press
2. Hamstring curls (machine)
3. Pool walking program and flutter kick

9 – 14 weeks

Goals:

1. Full range of movement
2. Up to 40 minutes aerobic activity
3. Quads strength – achieve 3 sets of 10 controlled step downs
4. Hamstring / Gluteal strength – 1 set of 20 single leg bridges on ball
5. Proprioception – 10 single leg squats on trampette

Exercises:

Continue with all stretches

Strengthening: Progressing to 3 sets of 20, aiming for 4-7 sessions per week.

1. Progress to single leg 1/3 squats to deep single leg squats (+/- ball against wall)
2. Controlled step downs
3. Static lunges progressing to dynamic lunges
4. Sustained bridge on ball with closed chain knee flexion/extension
5. Machine hamstring curls

Proprioception:

1. Single leg stand on trampette/sit-fit/throw and catch ball/eyes closed
2. Single leg dips on trampette/sit-fit
3. Dynamic lunge onto sit-fit

Plyometric:

At 12 – 14 weeks, if patient has necessary control, progress them gradually onto plyometric work.

1. Speed skating
2. Jogging on trampette
3. High knees against resistance
4. Hopping 2 forward, 1 back (+ Theraband)
5. Side/side step work
6. Forward hops and skips
7. Jump dips between cones
8. Slalom hopping

Additional options:

At 9 weeks Begin biking outdoors
 Jogging in water

At 12 weeks Progress jogging on level ground
 Return to sport class if appropriate

15 weeks onwards

- ◆ Progress to normal swimming and progress gym work as appropriate.
- ◆ Start sports specific training eg: for racquet sports. Start lunge/pivot activities or running/dribbling drills for footballers.

6 months onwards

- ◆ Return to sports training wearing a brace as advised.

12 months post-op

- ◆ Return to contact sports if indicated by consultant