SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Geoffrey Glebus, DO
Diplomate American Board of Orthopedic Surgery
Direct Phone: 210-798-8563
Email: glebusteam@smasatx.com

ACL RECONSTRUCTION (NO MENISCUS)

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-4 WEEKS	Full w/brace	**0-1 week:** Locked in full extension for ambulation and sleeping **1-4 weeks:** Unlocked for ambulation, remove for sleeping *Off for hygiene and exercises	As tolerated	Heel slides, leg hangs, quad/hamstring/glute sets, patellar and tibiofibular mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Begin side-lying hip/core
PHASE 2 4-12 WEEKS	Full	None	Full	Begin toe raises, closed chain exercises, eccentric quads/hamstrings, balance exercises, step-ups, front and side planks; advance hip/core/glutes Start stationary bike as tolerated
PHASE 3 12-16 WEEKS	Full	None	Full	Advance Phase II exercises and closed chain; maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance Progress proprioception activities Begin stair master and elliptical at 8 wks; running straight ahead at 12 weeks
PHASE 4 16-24 WEEKS	Full	None	Full	16 wks: Begin jumping 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills 22 wks: Advance as tolerated FSA completed at 22 wks***
PHASE 5 >6 Months	Full	None	Full	Gradual return to sports participation after completion of FSA and clearance by MD

*Brace may be removed at night after first post-operative visit (day 7-14) if directed
*Same protocol applies for all graft choices