

## ACL RECONSTRUCTION: PHYSIOTHERAPY

### 0-4 WEEKS

- **Weight bearing:** as tolerated with crutches  
**Brace:** wear straight split (Zimmer splint) while sleeping and weight bearing. May remove to stretch, ice and clean leg.
- **ROM goal:** 0-90
- **Exercise:** Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch, SLR with brace in full extension

### 4-12 WEEKS

- **Weight bearing:** as tolerated. Wean off crutches.
- **Brace:** Only required if extension lag or limp persists
- **ROM goal:** Maintain full extension. Progress flexion.
- **Exercises:** Progress to weight bearing gastroc/soleus stretch, begin heel raises, closed chain extension, hamstring curls, stationary bike.

### 3-6 months

- **Weight bearing:** Full
- **Brace:** None
- **ROM goals:** Full extension and flexion
- **Exercise:** Advanced closed chain strengthening, progress proprioception activities, walking leading to a light in-line jog at 4 months.

### 6-12 months

- Progress strengthening and stretching
- Progress function: forward and backward running, introduce cutting, pleiometrics
- Introduce sport-specific drills