



Modified ACL Protocol

Rehabilitation following anterior cruciate ligament (ACL) reconstruction surgery is an essential element of the treatment to achieve a full recovery. A full ACL rehabilitation protocol is available on the Fowler Kennedy Website, which is intended to provide the user with instruction, direction, rehabilitative guidelines and functional goals. **It is not meant as a home program.** The physiotherapist must exercise their best professional judgment to determine how to integrate this protocol into an appropriate treatment plan. Some exercises may be adapted depending on the equipment availability at each facility. As an individual's progress is variable and each will possess various pre-operative deficiencies, this protocol must be individualized for optimal return to activity.

There may be slight variations in this protocol if there are limitations imposed from the surgery such as the performance of concomitant procedures that may influence the timing and progression of rehabilitation.

The following scenarios should be utilized alongside the full ACL rehab protocol so as to protect the repairs/reconstructions and maximize patient outcomes.

Procedure 1: ACL + Meniscus Posterior Root/Radial Tear Repair

Phase I: 0-6 weeks

Brace and Weight Bearing:

- Tracker brace 0-90 degrees; worn 24 hours per day
- Flat foot feather touch weight bearing with crutches

ROM:

- 0-90 degrees

Phase II: 6 weeks and onwards

- Weight bear as tolerated
- ROM as tolerated
- Continue ACL rehab

Procedure 2: ACL + MCL

Phase I: 0-6 weeks

Brace and Weight Bearing:

- Tracker brace 0-90 degrees; worn 24 hours per day

- Flat foot feather touch weight bearing with crutches

ROM:

- 0-90 degrees

Phase II: 6 -12 Weeks

Brace and Weight Bearing:

- Tracker brace or custom fit ACL Brace worn only when ambulating
- Weight bear as tolerated

ROM:

- Full range of motion

Phase III: 12+ Weeks

- Continue with ACL rehabilitation protocol
- Use custom fit ACL brace during dynamic exercises/rehab and return to sport

Procedure 3: ACL + LCL/PLC

Phase I: 0-6 weeks

Brace and Weight Bearing:

- Tracker brace 0-90 degrees; worn 24 hours per day
- Flat foot feather touch weight bearing with crutches

ROM:

- 0-90 degrees
- NO ACTIVE HAMSTRINGS 6 WEEKS

Phase II: 6 -12 Weeks

Brace and Weight Bearing:

- Tracker brace or custom fit ACL Brace worn only when ambulating
- Weight bear as tolerated

ROM:

- Full range of motion

Phase III: 12+ Weeks

- Continue with ACL rehabilitation protocol
- Use custom fit ACL brace during dynamic exercises/rehab and return to sport