



DR. **ANNE
MAINA**
SPECIALIST ORTHOPAEDIC SURGEON - JHB
MBBCH (WITS), FC ORTH (SA), MMED ORTHO (WITS)
PRACTICE NO. PR0705624 VAT NO. 4160283182

Name:				Date of surgery:	
Phase	Mobilization	ROM	Use of brace	Exercises/Strengthening	Precautions
Phase 1: Protection Phase Weeks 0-3	NWB x 0-1 weeks	ACL brace, full extension (0°) to Flexion – limit to 90°	Post-op brace worn locked in extension for ambulation and sleeping. May unlock to 90° for ROM exercises. Brace on day and night.	ROM exercises; Extension – no active terminal extension from 40° to 0°; passive extension: heel props, prone hangs; Flexion - limit to 90°; passive flexion: wall slides, heel slides; quadriceps sets in full extension Straight leg raises in brace locked in extension; Hamstring sets; Patella mobilization; Isometric hip abduction, adduction Ankle ROM and gastro-soleus strengthening with tubing/therabands	Control inflammation and swelling (elevation and ICE) ***Avoid touching portal area in weeks 0 - 4
	WBAT/ Touch WB with crutches weeks 2-4; wean off crutches				
Phase 2: Weeks 4-6	Partial WBAT to FWB	Maintain full extension, progress toward full flexion.	Wean out of ROM brace when demonstrating good quad control.	Weeks 4 – 6: Continue as above, maintaining full extension and progressing to 125°. Begin closed kinetic chain exercises; Stationary cycling, stairmaster: slow, progression to low resistance. Hamstring curls. Hip abduction, adduction, extension.	No active terminal extension from 40° to 0°.

Phase 3: Weeks 7-12	FWB / wean off crutches	Full active range of motion		Stationary cycling, stairmaster, elliptical: increased resistance Treadmill walking Swimming, water conditioning: flutter kick only Balance and proprioceptive training	Closed chain quad strengthening: no knee flexion greater than 90° with leg press.
Phase 4: Months 4-6	FWB	Full active range of motion	Functional ACL brace for jumping and landing or cutting and twisting.	May start jogging: forward/straight running only. Continue and progress strength. Begin agility training at 5 months: side steps, crossovers, figure 8 running, shuttle running, 1 & 2 leg jumping, cutting, acceleration /deceleration/sprints, agility ladder drills. Initiate sport-specific drills as appropriate.	Emphasis on exercise technique.
Phase 5: Month 6 postop	FWB	Permit full ROM	Functional ACL brace for contact sports, jumping and landing or cutting and twisting until 1 year postop, then per patient preference	Gradual return to sports participation. Maintenance program for strength, endurance.	Return to sports: Dr's clearance, Full ROM, No swelling, Good ligament stability, Full strength, Completed sport- specific functional progression, Running & jumping without pain or limp
As everyone progresses at different rates, the rehabilitation programme should focus on criteria based progression, rather than timeline based progression. For each exercise, it is imperative to have consistent sequential progressions. Once the patient / athlete is proficient with execution of a particular exercise, the exercise can be increased in complexity, with emphasis on technique efficiency. Please contact Dr. Maina's office if you have any questions: 011 278 8758					