

**ACL Stage I Revision Postop Rehab:
Bone Tunnel Grafting Postop Rehab:**

Xrays:

- at first postop visit (approximately week 1)
- 6 week postop visit
- PRN to determine tunnel healing

Weightbearing:

- POW 0 – 3
 - o 50% weightbearing
- POW 3 – 6
 - o Progress to full WBAT

Brace:

- Hinged knee brace at all times except for while resting at home
- Use at night to facilitate full knee extension
- Once quad function improves, functional ACL brace can be used
 - o Will be needed to prevent instability episodes to protect the knee from further injury

ROM:

- POW 0 – 1
 - o No ROM
- After POW 1
 - o Progress ROM as tolerated

Exercise:

- POW 0 – 1
 - o Start quad sets, SLR, ankle pump
- POW 1 – 6
 - o Start light closed chain activity on while in brace
 - o Start light hip
- After POW 7
 - o Progress closed chain exercise
 - o Progress core, hip, glutes

Activity:

- POW 0 – 6
 - o No strenuous activity
 - No running
 - Excessive weights and strengthening
 - Light ADLs only.
- POW 7 and beyond
 - o Progress activities
 - o No running, no deceleration maneuvers, no pivoting activities

