



# Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction  
Arthroscopic Shoulder, Hip, and Knee Surgery

[www.travisburnsmd.com](http://www.travisburnsmd.com)

<https://ortho-sa.com/>

(210) 705-5060



---

## ACL REVISION RECONSTRUCTION

### General Guidelines

- Obtain full extension within 2 weeks after surgery
- Crutches for 6 weeks
- Long leg brace locked in extension during ambulation for 4 weeks. Brace can then be unlocked during ambulation and continued for 12 weeks after surgery
- Run straight ahead on even ground at 3-4 months
- Return to sports at 9-12 months

### Post-op Days 1 – 14

**Goals:** Full passive extension and flexion to 90 degrees, obtain good quad control

- POD 2: Change dressing, keep wound covered, continue TED Hose
- POD 10-14: Sutures out, D/C TED Hose when effusion resolved
- Brace – Locked in extension for ambulation until quad control established (generally 2-4 weeks). Open to available range when pt has good quad control (no extensor lag)
- Crutches – weight bearing as tolerated (WBAT) in brace (D/C crutches when gait is normal)

### **Therapy:**

Patellar mobilization, Calf pumping

AAROM 0-90 degrees (passive extension, active flexion, heel slides)

Passive extension with heel on bolster or prone hangs

Electrical stimulation in full extension with quad sets and SLR Quad sets, Co-contractions quads / Hamstring

Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)

Mini squats – 0-45 degrees in parallel bars

Weight shifts

Total Gym (level 3-5) – Mini squats 0-45 degrees

Passive flexion to 90 degrees max (push up with opposite leg)

Leg press 0-45 degrees with light resistance (up to 1/4 body weight)

Hamstring curls – Carpet drags or rolling stool (closed chain) Double

leg heel raises

Parallel bar ambulation – Forwards / backwards / lateral

Stationary bike for ROM – Complete cycle as able

Ice Pack with knee in full extension after exercise

### **Weeks 2 – 4**

**Goals:** ROM 0-110 degrees No effusion, No extensor lag

#### **Therapy:**

Brace x 6 weeks – Open to available range  
Crutches – WBAT, D/C when gait is WNL  
Continue appropriate previous exercises and following ex without brace  
Scar massage when incision healed  
AAROM, AROM through full range as tolerated Electrical stimulation –  
Continue as needed  
SLR x 4 on mat – Add light ankle weights if quad control is maintained  
Wall squats – No knee flexion past 45 degrees  
Total Gym – Progress levels of Mini-squats, 0-45 degrees  
Leg Press 0-45 degrees with resistance no more than 1/2 body weight  
Hamstring curls on weight machine with light resistance  
Forward, lateral and retro step downs in parallel bars  
– No knee flexion past 45 degrees (small step)  
Single leg heel raises  
Proprioceptive training – Single leg standing in parallel bars – Double leg  
BAPS for weight shift  
Stationary bike – Progressive resistance and time  
Treadmill – Forwards and backwards walking  
Stretches – Hamstring, Hip Flexors, ITB

### **Weeks 4 – 6**

**Goals:** Full ROM normal gait, DC Brace at 6 weeks

#### **Therapy:**

Continue appropriate previous exercises  
PROM, AAROM, AROM to regain full motion  
Standing SLR x 4 with Theraband bilaterally  
Mini squats, Wall squats 0-60 degrees – Progress to single leg  
Leg press 0-60 degrees with resistance no more than 1/2 body weight  
Forward, lateral and retro step downs 0-60 degrees (medium step)  
Proprioceptive training – Single leg BAPS, ball toss and body blade Elliptical  
trainer  
Pool therapy – Walking / running (no kicking)

### **Weeks 6 – 9**

**Goal:** Walk 2 miles at 15 min/mile pace

#### **Therapy:**

Continue appropriate previous exercises  
Wall squats 0-90 degrees  
Leg press 0-90 degrees with resistance as tolerated  
Hamstring curls with resistance as tolerated

Forward, lateral and retro step downs 0-90 degrees (large step) Hip weight machine x 4 bilaterally  
Proprioceptive training – Grid exercises  
Stationary bike – 15-20 minutes at a time, at least 70 rpm Treadmill – Walking progression program

### **Weeks 9 – 12**

**Goal:** Walk 3 miles at 15 min/mile pace

**Therapy:**

Continue appropriate previous exercises with progressive resistance Fitter  
Slide board  
Functional activities – Figure 8s, gentle loops, large zigzags Stairmaster – Small steps  
Pool therapy – No swimming laps  
Quad stretches

### **Months 3 – 4**

**Goal:** Run 2 miles at easy pace

**Therapy:**

Isokinetic testing at 180 and 300 degrees/sec – Must have 80% of opposite leg to clear for straight line running Continue appropriate previous exercises  
Knee extension weight machine  
Short arc quads  
Agility drills / Plyometrics  
Treadmill – Running progression program if cleared  
Pool therapy – Swimming laps

### **Months 4 – 6**

**Goals:** Return to all activities, no contact sports until 6 months post-op

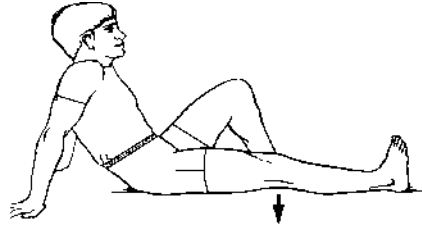
**Therapy:**

Repeat Isokinetic testing as needed Continue appropriate previous exercises Sit-up progression  
Running progression to track  
Transition to home / gym program

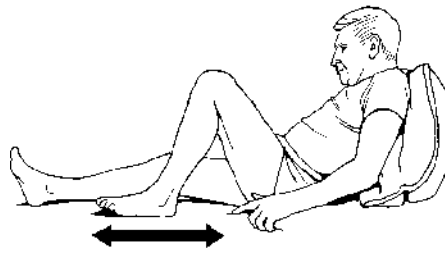
## Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

**Quad Isometrics**



**Heel Slides**



**Active Assisted Motion**



**Ice Position 15  
minutes 2-3 x per day**

