LAKESHORE
Bone & Joint Institute

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Sports Medicine, Work-Related Injuries & Conditions,
General Orthopedics, Upper Extremity

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# ACLR Protocol with Quadriceps Tendon Autograft

**Name** _____**Date** _____

**Procedure** _____

**Procedure Date** _____

**Frequency** 1 2 3 4 5 times/week **Duration** 1 2 3 4 5 6 weeks

Therapist will change your dressing at your first appt. This is typically 2-3 days after surgery. Surgical wounds are closed with absorbable suture and covered with steri-strips or black Nylon sutures. There will be gauze and padding over the incisions and the extremity wrapped with an ACE wrap. The surgical dressing should be changed by the therapist using ***sterile*** technique. This includes sterile field, sterile gloves, betadine or chlorhexidine skin cleanser and sterile supplies when redressing the wounds. Do NOT remove steri-strips. The new dressing should include dry gauze and ACE wrap. Before the new dressing is applied the wounds should be clean and dry. Please do not use tegaderm unless it was used at the time of surgery or if specifically stated on the orders.

The dressing will be changed for the second time at your second therapy visit. After the second visit and second dressing change patient is permitted to shower at home. Remove the ACE wrap before shower. The wounds should be covered with Press-N-Seal. If the wounds get wet, use a hair dryer to *completely dry* the area prior to covering with ACE wrap after the shower.

Once you are permitted to get the incisions wet, warm soapy water should *gently* rinse the surgical area. Do NOT scrub the area. Pat the area dry with a clean towel and keep free of lotions or creams. Do NOT soak in a pool, bath or hot tub until permitted by the surgeon's office. Please wear clean clothes following shower and be conscious of any pet hair or other contaminants near the surgical area.

Anytime the dressing is changed or examined, ***please wash hands*** prior with antibacterial soap. Do not apply any ointments or medications to the area.

*****Range of motion is an important progression of therapy, but limiting swelling is important. Respecting swelling will decrease pain and improve motion.*****

# Quad Tendon Autograft ACLR

| | REHAB GOALS | PRECAUTIONS | THERAPEUTIC EXERCISES | PROGRESSION CRITERIA |
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| **PHASE 1 0-3 WEEKS** | ***FIRST 10 DAYS LIMIT ROM 0-90° TO PROTECT THE QUAD TENDON REPAIR/GRAFT HARVEST SITE***<br><br>Full extension symmetric to contralateral knee by 2 weeks<br><br>Flexion to 120° (unless meniscal repair)<br><br>20° SLR without quad lag<br><br>DC crutches | WBAT<br><br>Brace should be locked at 0° extension until first visit with therapist. If uncomfortable, may loosen but keep the knee straight.<br><br>Always wear the brace when getting up<br><br>Brace will be open at therapy for exercises and patient will be given instructions on when/how to unlock it (based on the progression of quad control) | CPM machine 2 hours 3-5x per day<br><br>Start 0-45°, increase 10° everyday<br><br>Prolonged extension- prone hangs, supping with roll under ankle<br><br>Heel slides, wall slides, prone knee flexion<br><br>Isometric quad set then SLR<br><br>Hamstring isometrics<br><br>4-way hip and ankle exercises including calf pumps<br><br>Initiate proprioceptive/balance exercises to include single leg stance, weight shifts forward, retro, lateral<br><br>Patellar mobilizations (especially cranially)<br><br>Ice 5x/day, 20 min each<br><br>Cardio: stationary bike without resistance | DC crutches when quad control returns, full extension achieved, stable with low fall risk<br><br>May be weaned to 1 crutch with full extension if steady in gait |
| **PHASE 2 3-6 WEEKS** | Full ROM<br><br>Advance strengthening<br><br>Consider early neuromuscular retraining | Wear brace except for sleeping and exercises | **Avoid open chain resistance especially with weights! Resistance bands okay for hamstring/quad.**<br><br>Quad: mini squats/wall squats, step ups<br><br>Hamstring: bridge, standing hamstring eccentrics | Full ROM<br><br>Minimal effusion<br><br>Functional control for ADLs<br><br>DC brace: only with adequate quad control for gait on level |

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| | | | Calf: heel raises, calf press<br><br>Hip: extension, ABD, ADD<br><br>Consider balance board/wobble board for early neuromuscular retraining<br><br><u>Cardio</u>: stationary bike, elliptical, stair master, pool-walking, aqua jogging, NO kicking until 4-6 weeks | surfaces if inside 6 weeks post op |
| **PHASE 3 6-12 WEEKS** | Maintain full ROM (full extension to 135° flexion)<br><br>Progress neuromuscular retraining program<br><br>Core integration | **NO** downhill walking/running, downhill skiing, downhill biking until 4.5 months | HEP 5x per week<br><br>Progress neuromuscular proprioceptive/balance exercises including single leg balance progression, varying surfaces<br><br>Pool: begin 4-way hip, lateral movements, deep water jogging in place (no freestyle or breaststroke kicking)<br><br>Strengthening: lunges, sport cord, wall squats, step up/down<br><br><u>Cardio</u>: may begin road biking outdoor on flat roads only, may begin treadmill walking | Neuromuscular exercises without difficulty |
| **PHASE 4 3-5 MONTHS** | Running: light running/hopping without pain or swelling (12 weeks), progress to running patterns at 75% speed<br><br>Good jumping mechanics- NO DYNAMIC VALGUS<br><br>Hop drills without difficulty | **NO** downhill walking/running, downhill skiing, downhill biking until 4.5 months | HEP 5x per week<br><br>Agility drills: shuffling, hopping, running patterns<br><br>Sport specific: closed-chain exercises including leg presses (0-60°), step ups, mini squats (0-60°), short arc quad (30-90°), hamstring curls with light weight/high repetition<br><br><u>Cardio</u>: Begin endurance closed chain exercises 3-4x/week; stair master, stationary bike, elliptical; | Running without knee effusion<br><br>Hopping/agility drills without knee pain or effusion |

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| | | | focus on increasing endurance<br><br>Gait training: progress jogging on treadmill or even ground to running patterns at 75%<br><br>Pool: may start freestyle swimming (avoid breaststroke), progress to shallow water jogging | |
| **PHASE 5 5-8 MONTHS** | Able to complete a running program<br><br>May begin plyometric program, jump rope exercises<br><br>Hamstring and quadriceps strength at 90% normal leg<br><br>Return to sports will be discussed among patient, therapist and surgeon. Will be based on functional testing performed in late stage months. Most likely return to competition will be by month 9. | Earliest return to sports = 9 months | HEP 4-5x per week<br><br>Agility drills: shuffling, hopping, running patterns<br><br>Sport specific: plyometric program, fast straight running, backward running, cutting, crossovers, carioca, etc. in controlled environment | Criteria for return to sport:<br><br>Quadriceps and hamstring strength at least 90% of opposite leg<br><br>Single leg hop test and vertical jump at least 90% of opposite leg<br><br>Jog, full speed run, shuttle run, figure of 8 running without a limp<br><br>Full controlled acceleration and deceleration<br><br>Squat and rise from a full squat<br><br>No effusion or quadriceps atrophy |

Running progression to be started if strength, ROM, effusion and pain milestones have been met (week 13 to week 20 or delayed 4 weeks if meniscal repair):
In place on mini-trampoline or any other compliant surface is encouraged first (at around week 12 to evaluate symmetry)

Level 1 0.1 mile running, 0.1 mile walking, total 1 mile
Level 2 0.2 miles running, 0.1 mile walking, total 2 miles
Level 3 0.4 miles running, 0.1 mile walking, total 2 miles
Level 4 0.5 miles running, 0.1 mile walking, total 2 miles
Level 5 0.7 miles running, 0.1 mile walking, total 2.4 miles
Level 6 1 mile running, 0.2 mile walking, 2 cycles

Level 7 1.25 miles running, 0.25 mile walking, 2 cycles
Level 8 1.5 miles running
Level 9 2 miles running
Level 10 track running

Initially, no back-to-back days running. Stop or decrease a level if effusion or soreness increase.

**Comments:**

FCE _____ Work Conditioning/Work Hardening_____ Teach HEP_____

**Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.**

**Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.**

**Signature_____ Date _____**