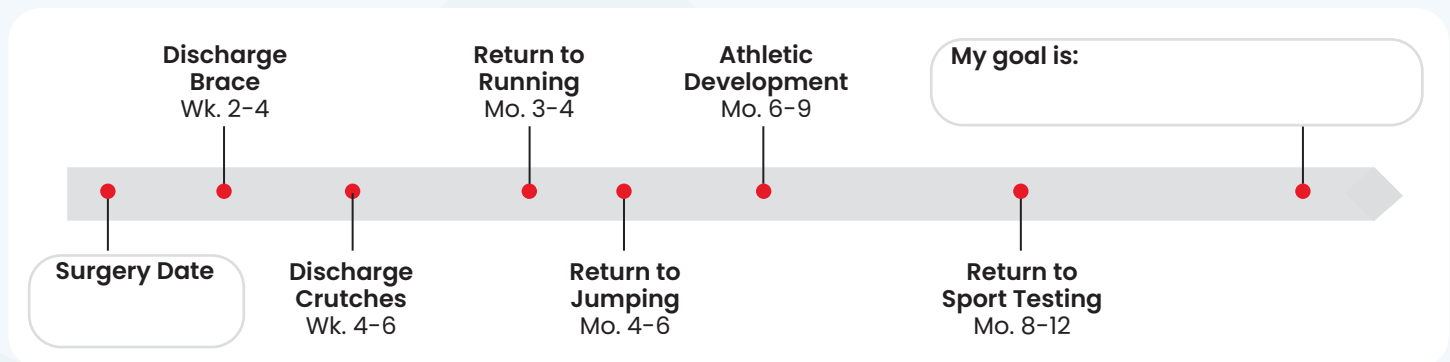


# Isolated ACL Rehabilitation Timeline



This is an estimated timeline and progress back to prior level of function. All progressions should be under the guidance of surgeon and physical therapist.

## Criteria for discharging brace (2-4 weeks post-op)

- Full weight-bearing status per physician
- > 2 weeks post-op (unless stated otherwise by physician)
- No increase in pain with weight bearing
- Noticeable quad contraction while walking
- > 10 leg raises with knee completely straight

## Criteria for discharging crutches (4-6 weeks post-op)

- Full weight-bearing status per physician
- Minimal swelling (stroke test = 1+)
- Normal walking pattern with acceptable quad control
- > 10 leg raises with knee completely straight
- Maintain single-leg stance at 20° knee flexion with good alignment

## Criteria for returning to running (3-4 months post-op)

- >12 weeks post-op
- No effusion or swelling
- >80% symmetry with single leg press 5 rep max
- >90% symmetry anterior reach Y-balance or ≤ 4 cm difference
- 10 consecutive single-leg squats to 45° knee flexion without loss of balance and good mechanics
- No pain with 50 reps low intensity double-leg to single-leg landing hold
- 20 reps single-leg calf raise

## Criteria for returning to jumping (4-6 months post-op)

- No increase in knee swelling
- No reports of knee instability or giving way
- Isometric knee extension testing ≥ 70% Limb Symmetry Index (LSI) at 90° knee flexion
- 10 consecutive single-leg squats to 60° knee flexion without loss of balance and good mechanics

## Athletic development phase (6-9 months post-op)

\*perform under the guidance of sports physical therapist\*

- Foundational movement/power: sprinting, side shuffle, back-pedal, cutting
- Planned movement practice: sport specific tasks, alone, in controlled environment
- Non-contact partner drills: sport specific tasks, no hesitancy or compensation
- Planned contact partner drills: progress to full speed and unplanned contact
- Non-contact scrimmage: progress from partial to full time
- Contact scrimmage: progress from partial to full time
- Return to play progression: modify time and situation

## Return to sport clearance (9-12 months post-op)

- > 90% symmetry on single leg hop test battery
- > 90% quad strength symmetry (Biodex 60 deg/s)
- > 90% on Pedi-IKDC
- > 65% on ACL-RSI
- Landing Error Scoring System < 5
- Surgeon clearance
- Full return to play at athlete's pace

