

## THE RYU HURVITZ ORTHOPAEDIC CLINIC

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### R.H.O.C. POST-OPERATIVE ACL REHABILITATION PROTOCOL

<u>WEEK</u>	<u>AROM</u>	<u>PROM</u>	<u>WB</u>
1	0-80	0-80	100% with 1 OR 2 CRUTCHES
2	0-90	0-90	100% with 1 CRUTCH

### HOME PROGRAM 3-4 TIMES A DAY FOR 5-10 MINUTES

#### EXERCISES: (WEEK 1-2)

- ANKLE MOTION (pumps & circles)
- ACTIVE HEEL SLIDE/KNEE FLEXION
- GENTLE QUAD SETTING
- PRONE KNEE EXTENSION STRETCH
- PATELLAR MOBILIZATION
- HIP ABD & ADDUCTION (in brace)
- STRAIGHT LEG RAISES OKAY WITH BRACE ON
- WEIGHT BEARING AS TOLERATED WITH 1 OR 2 CRUTCHES
- SHALLOW SQUATS → ADVANCE TO SINGLE LEG

#### FUNCTIONAL ACTIVITIES:

- IMMOBILIZER OFF ONLY DURING EXERCISE
- REST WITH LEG ELEVATED; NO SUPPORT UNDER KNEE
- TRANSFER WITH ASSISTANCE TO LIFT LEG
- NORMAL GAIT PATTERN WITH WEIGHT BEARING AS PRESCRIBED
- ICE FREQUENTLY OVER DRESSING (KNEE DRY)
- EDUCATE PATIENT AND REVIEW PRECAUTIONS

<u>WEEK</u>	<u>AROM</u>	<u>PROM</u>	<u>WB</u>
3	0-100	0-100	100% WITH BRACE
4	0-110	0-110	100% WITH BRACE

**EXERCISES: (WEEKS 3-4)**

- ACTIVE HEEL SLIDE
- QUAD SETTING
- LEG PRESS (light weights)
- PRONE LEG CURLS WITH LIGHT RESISTANCE
- STANDING LEG CURLS
- HIP ABDUCTION & ADDUCTION (min proximal resistance)
- REVIEW PATELLAR MOBILIZATION
- WALL-SLIDES IN SUPINE (if need for ROM)
- RESTORATOR PEDALING 30-90 DEGREES (involved leg passive)
- SPORT BRACE AT END OF 2 WEEKS

<u>WEEK</u>	<u>AROM</u>	<u>PROM</u>	<u>WB</u>
5	0-120	0-120	100% WITH BRACE
6	0-125	0-125	100% WITH BRACE
7	0-130	0-130	100% WITH BRACE

**EXERCISES: (WEEKS 5-7)**

- QUAD SETTING (EMS/biofeedback as needed)
- SLIDE BOARD SQUATS FROM 0-40 DEGREES (100% weight bearing)
- LEG CURLS ON MACHINE (4-8 lbs high repetitions)
- STANDING LEG CURLS
- STANDING CALF RAISE (20-30 degrees knee flexion)
- HIP ABDUCTION, ADDUCTION, EXTENSION (5-10 lbs)
- STATIONARY BIKE (min resistance slowly) STAY SEATED

<u>WEEK</u>	<u>AROM</u>	<u>PROM</u>	<u>WB</u>
8	FULL	FULL	100% WITH BRACE
9	FULL	FULL	100% WITH BRACE
10	FULL	FULL	100% WITH BRACE
11	FULL	FULL	100% WITH BRACE
12	FULL	FULL	100% WITH BRACE

**EXERCISES WITH BRACE: (WEEKS 8-12)**

- STANDING PARTIAL SQUATS 0-40 DEGREES (100% weight bearing)
- SLIDE BOARD SQUATS FROM 0-40 DEGREES (100% weight bearing)
- LEG CURLS (10-20 LBS high repetition)
- MANUAL RESISTED LEG CURLS
- CALF RAISE OFF STEP (20-30 degrees knee flexion)
- HIP ABDUCTION, ADDUCTION, EXTENSION
- STATIONARY BIKE (increase resistance/speed gradually)
- STEPS UPS AND DOWNS (3" – 5" step)
- TREADMILL BACKWARD AMBULATION