Rehabilitations/p ACL Reconstruction

Saint Louis UniversitySSM Health Physical Therapy Orthopedic Residency in Collaboration withSLUCare Physicians

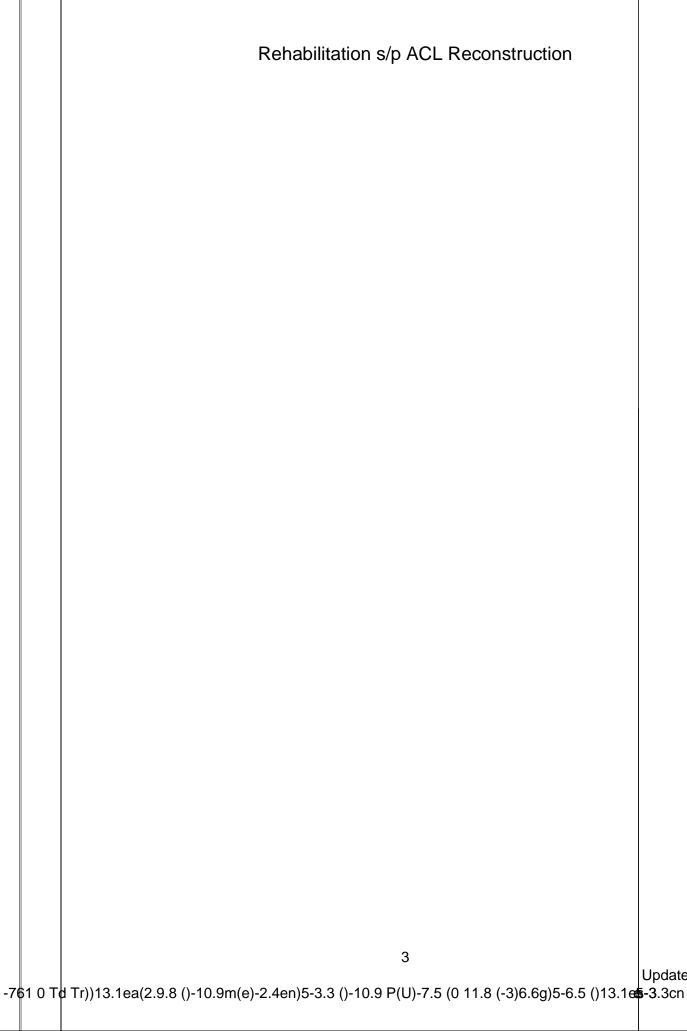
These guidelines, treatments, and milestones have been established to assist in guiding rehabilitation based the most current available evidence. They are not intended to be substitute for sound clinical judgement with consideration of the individual contextual features of the patient and the demandarious functions/sports.

Pre-operative goals Full knee extension range of motion (ROM), absent or minimal joint swelling knee extension lag with straight leg rais (SLR) educate the patient on what to expect following surgery, and protect that joint

Timeline	Milestones	Treatment Recommendations
Week 1	·	
(Day 97)		

Rehabilitation s/p ACL Reconstruction

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x 5xSTS Normative Values

Errors (Impairments) seen in Single Leg Squat Movemedated from (Liebenson 2002)n (Bailey et al 2010)			
Midfoot collapse	Early heel rise	Poor control of knee with ascent	
Femoral adduction, IR	Pelvic drop	Excessive trunk flexion or knee extension on asce	

Running Program

<u>Leve</u> l	<u>Treadmill</u>	<u>Track</u>
1	0.1-mile walk/0.1-mile jog, repeat 10 times	Jog straights/walk curves (2 miles)
2	Alternate 0.1mile walk/0.2mile jog (2 miles)	Jog straights/jog 1 curve every other lap (2 mile
3	Alternate 0.1mi walk/0.3mi jog (2 miles)	Jog straights/jog 1 curve every lap (2 miles)
4	Alternate 0.1mi walk/0.4mi jog (2 miles)	Jog 1.75 laps/walk curve (2 miles)
5	Jog full 2 miles	Jog all laps (2 miles)

⁶ Increase workout to 20.7 (2 m)f 282.6 (2 m) m7-0 (

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