

Bonnie P. Gregory, MD

Pediatric ACL Reconstruction Rehabilitation

	Weight Bearing	Brace	Range of Motion	Exercises/Strength
<i>Phase 1 0-6 Weeks</i>	<p>0-2wk PWB with crutches</p> <p>3-6wk: WB as tolerated</p> <p>*If concomitant meniscal repair Toe touch WB w/ crutches 0-6wks</p>	<p>0-2 locked in extension</p> <p>Week 2 unlocked 0-90° with ambulation</p> <p>May remove for sleeping</p>	<p>As tolerated</p> <p>Goal</p> <p>1 week: Symmetrical hyperextension to contralateral side 90° flexion</p> <p>6 week: Goal Symmetrical ROM</p>	<p>*SLR for quad activation and Prone hangs for hamstring stretching</p> <p>Week 2: Strengthening may begin beginning with closed chain exercises. Leg press when ROM is greater than 90 degrees of flexion and quadriceps control improves. Hip and core strengthening involving PREs.</p> <p>Proprioceptive exercise. Rocker board and balance exercise may commence when they are able to bear 50% or more weight. Mini squats and other balancing exercises.</p>
<i>Phase 2 6-12 Weeks</i>	Full WB	D/C PO brace at 6 weeks	Full ROM	<p>May begin pool therapy Continue to progress strengthening from phase 1 adding unilateral strength and balancing exercises</p> <p>Retrograde treadmill walking to assist with quadriceps strengthening</p> <p>Stretching of quadriceps, abductors, hamstrings, and calves</p>
<i>Phase 3 12-24 Weeks</i>	Full WB	Functional Brace	Full ROM	<p>Straight ahead jogging Begin plyometric training focus on proper jumping and landing techniques.</p> <p>Can move on to lateral jumping once proper technique for vertical has been demonstrated.</p>

				<p>Week 16: functional exercises may begin along with agility training</p> <p>Week 20: Full Speed Drills and running</p>
<i>Phase 4 6-8 Months</i>	Full WB	Functional Brace	Full ROM	<p>Cutting, pivoting, accelerating, and decelerating drills</p> <p>Dynamic sport drills</p> <p>Advanced agility and plyometric training drills</p>
<i>Return to Sport Criteria</i>	Full WB	Functional Brace	Full ROM	<p>Symptom free running</p> <p>Confidence with jumping and landing (double and single leg)</p> <p>Pain free activities</p> <p>Ability to confidently perform cutting and lateral movements and decelerate and change directions</p> <p>Functional Sport Test with good results</p>

- ❖ Rehab is delayed with concomitant meniscal repair procedure
- ❖ RTS with M.D. clearance, only after functional sport test and all deficiencies are addressed

For any questions or concerns regarding the protocol or rehabilitation process please contact

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