

Dr. Craig Chike Akoh, M.D.

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 wk: Symmetrical hyperextension to contralateral side 90° flexion</p> <p>6 wk: Goal Symmetrical ROM</p>	<p>*SLR for quad activation and Prone hangs for hamstring stretching</p> <p>Wk 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>

				Stretching of quadriceps, abductors, hamstrings, and calves
<i>Phase 3 12-24 Weeks</i>	Full	Functional Brace	Full	<p>Straight ahead jogging Begin plyometric training focus on proper jumping and landing techniques. Can move on to lateral jumping once proper technique for vertical has been demonstrated.</p> <p>Wk 16: functional exercises may begin along with agility training</p> <p>Wk 20: Full Speed Drills and running</p>
<i>Phase 4 6-8 Months</i>	Full	Functional Brace	Full	<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	Functional Brace	Full	<p>Symptom free running Confidence with jumping and landing (double and single leg)</p>

				Pain free activities Ability to confidently perform cutting and lateral movements and decelerate and change directions Functional Sport Test with good results
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- 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 my Athletic Trainer below.