

DFW
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ACL Rehab Considerations

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Presentation Objectives

- * Discuss General Guidelines Specific to Phases of Rehab
- * Review Considerations Specific to Surgical Technique
- * Outline Prevention & Management of Potential Complications
- * Consider Trends Impacting Outcomes

ACL Rehab Considerations
Phases of Recovery



Phases of Recovery
Rehabilitation

Immediate Post-Operative Phase : 0 - 6 weeks

- * Control & resolve knee joint & soft tissue swelling
- * Restore knee ROM passive & active – emphasis on extension
- * Improve patella mobility & soft tissue pliability for fat pad
- * Facilitate quadricep contraction & extensor mechanism function
- * Retrain normal gait function

Phases of Recovery
Rehabilitation

Intermediate Post-Operative Phase : 6 - 16 weeks

- * Core strengthening as component of lower quadrant function
- * Advance proprioceptive / kinesthetic training in CKC focus
- * Continue manual therapy for PFJ & esp. anterior soft tissues
- * Initiate dynamic neuromuscular control activities

Phases of Recovery
Reconditioning & Specificity Training

Advanced Post-Operative Phases : 12 weeks - 12 months

Performance Training to Fully Develop Neuromuscular Control of the Limb System

- * Running Progressions
- * Controlled Jumping & Landing
- * Anticipation of Cutting

ACL Rehab Considerations Surgical Technique

Patella Tendon Graft

- * Monitor for anterior knee restrictions → tendonosis
- * Return to running 8 - 10 weeks
- * Commentary: Still the Gold Standard

ACL Rehab Considerations Surgical Technique

Hamstring Tendon Graft

- * No isolated hamstring contraction - 6 weeks
- * Return to running delayed - 12 weeks
- * Commentary: Monitor for Over-activity

ACL Rehab Considerations Surgical Technique

Reconstruction With Microfracture

- * Non Weight Bearing - 6 weeks
- * Remember: Ideal stimulus for articular cartilage
- * Commentary: The value of preserving the articular surface is worth the challenge

ACL Rehab Considerations Surgical Technique

The Pediatric ACL Knee

- * Conservative . . . Conservative
- * Higher rate of reinjury
- * Commentary: An adult injury applied to a child's experience

ACL Rehab Considerations Complications & Management

- * Anterior Knee Constraint
 - Patello-Femoral Joint
 - Retro-Patellar Fat Pad
- * General Knee Arthrofibrosis
- * Graft Failure

ACL Rehab Considerations Where Can We Do Better ?

- * Prevention of Most Common Complications
- * Managing the Later Phases of the Recovery
 - The 4 month to 6 month window
 - The continuation of retraining after return to sports
- * Pre-Injury Prevention through Performance Training



Thank You