Rehabilitation s/p ACL Reconstruction

Saint Louis University – SSM Health Physical Therapy Orthopedic Residency
in Collaboration with SLU Care 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 demands of
various functions/sports.

Pre-operative goals – Full knee extension range of motion (ROM), absent or minimal joint swelling, no knee extension lag
with straight leg raise (SLR), educate the patient on what to expect following surgery, and protect the joint

Timeline	Milestones	Treatment Recommendations
Week 1 (Day 0 – 7)		

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- 5xSTS Normative Values[7]

Errors (Impairments) seen in Single Leg Squat Movement (Adapted from (Liebenson 2007) in (Bailey et al 2018)[12])		
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[1]

Level	Treadmill	Track
1	0.1-mile walk/0.1-mile jog, repeat 10 times	Jog straights/walk curves (2 miles)
2	Alternate 0.1-mile walk/0.2-mile jog (2 miles)	Jog straights/jog 1 curve every other lap (2 mil
3	Alternate 0.1-mi walk/0.3-mi jog (2 miles)	Jog straights/jog 1 curve every lap (2 miles)
4	Alternate 0.1-mi walk/0.4-mi 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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