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LARS ACL Reconstruction Accelerated Rehabilitation Program

Day of surgery

Immediate full weight bearing. Use crutches only for balance. No brace. No ROM restrictions

Day 1 post-op

Discard crutches. Begin ROM exercises. Begin isometric quadriceps exercises

1 week post-op

Begin open and closed chain isokinetic exercises

2-3 weeks

Begin jogging

4 weeks

Step up proprioceptive training e.g. hopping and turning

Increase weights training

6 weeks

Increase running to include pivoting, cutting and sidestepping

8 weeks

Resume full training, including contact drills

12 weeks

Return to Sport, subject to fulfilling the following criteria:

- Stable knee
- Good strength with thigh and calf circumference within 1cm of the uninjured side
- Absence of effusion
- Good proprioception
- Full ROM
- Physical endurance allows completion of 2 consecutive team training sessions

The program can be adjusted to take into account the individual patient's objectives, as well as their age and pre-injury activity level and physical fitness.

The presence of other injuries, for example, to the articular cartilage and menisci may also require modifications to the program timetable.