

## ACL Reconstruction Rehab Protocols

Rick Joreitz PT, DPT, SCS, ATC  
UPMC Centers for Rehab Services  
University of Pittsburgh, Department of Physical Therapy  
Pittsburgh Penguins

## Current State

- Re-injury rates can be as high as 26%
  - Leys T, et al. *AJSM*. 2012
- Less than 50% of patients have returned to pre-injury levels of sport 2-7 years following surgery
  - Ardem CL, et al. *AJSM*. 2012
- At a mean of 41.5 months, only 63% of patients have returned to pre-injury levels of sport participation
  - Ardem CL, et al. *Br J Sports Med*. 2011

## Criterion-Based Progression

- Adams D, et al. *JOSPT*. 2012
- Progressing solely based on graft healing
- Is the patient strong enough?
- How do we answer that question?

## Discharging the Brace

- No lag with SLR
- Flexion >90°
- Patient is 4-6 weeks post-op
- Patient displays normal gait pattern

## Discharging the Crutches

- Patient has >100° flexion
- No lag with SLR
- Patient reaches full extension during gait
- No increased pain or swelling since weaning down to 1 crutch

## Estimated Return to Sport Milestones

	Jogging	Low-level Agility	Jumping	Cutting	Return to Sport
Bone-Patellar Tendon-Bone Autograft	4-5 months	5-6 months	6-7 months	7-8 months	9 months
Hamstring/Quad Tendon Autograft	4-5 months	5-6 months	6-7 months	7-8 months	9 months
Bone-Patellar Tendon-Bone Allograft	5-6 months	6-7 months	7-8 months	8-9 months	10 months
Soft Tissue Allograft	5-6 months	6-7 months	7-8 months	8-9 months	10 months