

6 Months Post Acl Surgery Exercises

6 Months Post ACL Surgery Exercises: Regaining Strength and Stability

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Introduction: Navigating the 6-Month Mark Post ACL Surgery

Six months post ACL surgery marks a significant milestone in your recovery journey. While the initial healing phase is largely complete, this period is crucial for regaining strength, stability, and function in your knee. The focus shifts from protecting the graft to actively rebuilding muscle strength, improving joint stability, and preparing for a return to activities, including sports. This article examines the key exercises appropriate for 6 months post ACL surgery, highlighting both the challenges and opportunities presented at this stage. Understanding these exercises and the potential difficulties will empower you to work effectively with your physical therapist and accelerate your progress.

Challenges at 6 Months Post ACL Surgery

While progress is expected at the 6-month mark, several challenges can hinder your rehabilitation:

Muscle Weakness and Atrophy: Prolonged immobilization and reduced weight-bearing during the early stages of recovery inevitably lead to muscle weakness and atrophy, especially in the quadriceps, hamstrings, and calf muscles. This weakness compromises knee stability and increases the risk of re-injury.

Reduced Range of Motion: Scar tissue formation and lingering swelling can restrict knee range of motion (ROM), limiting your ability to fully bend and straighten your leg. Restricted ROM hinders functional movement and can impede progress.

Proprioceptive Deficits: Proprioception, or the sense of joint position and movement, is often impaired after ACL surgery. This diminished awareness of your knee's position in space contributes to instability and increases the risk of falls or re-injury.

Pain and Swelling: Although significantly reduced compared to the initial post-operative phase, some pain and residual swelling can persist, potentially limiting exercise intensity and progression.

Psychological Barriers: Fear of re-injury, frustration with the recovery process, and anxiety about returning to normal activities are common psychological challenges that can impact adherence to the rehabilitation program.

Opportunities at 6 Months Post ACL Surgery

Despite the challenges, the 6-month mark offers significant opportunities for progress:

Increased Weight-Bearing: At this stage, you'll likely be fully weight-bearing, allowing for more dynamic and functional exercises.

Advanced Strengthening: You can begin incorporating more challenging exercises, progressing towards plyometrics and sport-specific drills.

Improved Balance and Coordination: Focus on proprioceptive training significantly enhances balance and coordination, building crucial stability for daily activities and sports.

Return to Functional Activities: You can gradually start incorporating activities of daily living (ADLs) and recreational activities, paving the way for a return to sports.

Enhanced Confidence: As you achieve progressively greater strength and function, you'll experience a boost in confidence, fostering greater commitment to your rehabilitation.

6 Months Post ACL Surgery Exercises: A Detailed Look

A comprehensive 6 months post ACL surgery exercise program should incorporate the following:

1. Range of Motion Exercises: These continue to be vital to maintain and improve flexibility.

Examples include:

Knee flexion and extension: Passive and active range of motion exercises, potentially using a towel or resistance band.

Hamstring stretches: Lying hamstring stretches, seated hamstring stretches, and standing hamstring stretches.

Quadriceps stretches: Standing quadriceps stretches and lying quadriceps stretches.

2. Strengthening Exercises: Focus on rebuilding muscle strength in the quadriceps, hamstrings, and calf muscles. Examples include:

Isometric exercises: Straight leg raises (SLRs), glute bridges, and quad sets.

Isotonic exercises: Leg press, leg extensions, hamstring curls, and calf raises (using machines or free weights, progressing to increased resistance).

Eccentric exercises: Controlled lowering phase of leg presses and lunges. Eccentric exercises are particularly crucial for rebuilding strength and resilience.

3. Proprioceptive Exercises: Improve balance and coordination. Examples include:

Single-leg stance: Holding a single-leg stance for increasing durations, progressing to uneven surfaces.

Balance board exercises: Improving balance and stability on a wobble board or similar device.

Mini-squats and lunges: Single-leg exercises improving balance and leg strength simultaneously.

4. Functional Exercises: Prepare for return to daily activities and sports. Examples include:

Step-ups: Progressing from low steps to higher steps and increasing repetitions.

Lunges: Forward, backward, and lateral lunges, gradually increasing depth and resistance.

Side-to-side shuffles: Improving lateral movement and stability.

Agility drills: Cone drills, ladder drills, and shuttle runs (starting with slow and controlled movements, gradually increasing speed and complexity).

5. Plyometrics (Advanced): Once sufficient strength and balance are achieved, plyometrics can be introduced. These exercises involve explosive movements, such as:

Box jumps: Jumping onto and off a box, focusing on controlled landing.

Jump squats: Squatting and jumping vertically.

Lateral bounds: Jumping laterally from side to side.

Important Considerations:

Pain Management: Listen to your body and stop if you experience sharp or persistent pain.

Progression: Gradually increase the intensity and duration of your exercises as your strength and endurance improve.

Consistency: Regular exercise is crucial for optimal recovery. Aim for consistent training several times per week.

Professional Guidance: Work closely with your physical therapist or athletic trainer to develop a personalized exercise program and ensure proper technique.

Conclusion

Six months post ACL surgery represents a crucial juncture in your recovery journey. While challenges such as muscle weakness and proprioceptive deficits may persist, the opportunities for significant progress are substantial. By diligently following a tailored exercise program that incorporates range of motion exercises, strengthening exercises, proprioceptive training, and functional drills, you can effectively regain strength, stability, and function in your knee, paving the way for a successful return to activities and sports. Remember, consistency, proper technique, and professional guidance are key to achieving optimal outcomes.

FAQs

1. How long should I continue with 6 months post ACL surgery exercises? The duration will depend on your individual progress and goals, but typically, a comprehensive rehabilitation program extends beyond 6 months.
2. What if I experience pain during these exercises? Stop the exercise immediately and consult your physical therapist or doctor. Pain is a signal that you may be overdoing it.
3. Can I return to sports at 6 months post-surgery? It depends on your individual progress and the nature of your sport. Many individuals may not be ready for high-impact sports at this point.
4. What if my knee still feels unstable at 6 months? This is a concern that requires consultation with your doctor or physical therapist. Further evaluation and adjustments to your rehabilitation program may be necessary.
5. Are there any exercises I should avoid at this stage? Avoid high-impact activities, jerky movements, and exercises that cause significant pain.
6. How often should I do these exercises? Ideally, you should aim for daily or at least several times per week.
7. Is it necessary to continue physical therapy beyond 6 months? In most cases, yes, continued physical therapy is beneficial to ensure full recovery.
8. What are the signs of successful recovery at the 6-month mark? Improved ROM, increased strength, enhanced balance, and reduced pain are positive indicators.
9. Can I modify these exercises to fit my fitness level? Yes, your physical therapist will help create a

program tailored to your specific needs and capabilities.

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6 months post acl surgery exercises: *Revision ACL Reconstruction* Robert G. Marx, 2013-09-05 Although anterior cruciate ligament (ACL) reconstruction has a high success rate, a substantial number of patients are left with unsatisfactory results. *Revision ACL Reconstruction: Indications and Technique* provides detailed strategies for planning and executing revision ACL reconstructions. Concise chapters by a leading group of international orthopedic surgeons cover the diagnosis of failed ACL reconstruction, patient evaluation, preoperative planning for revision ACL surgery and complex technical considerations.

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6 months post acl surgery exercises: The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book Chadwick Prodromos, 2017-05-31 *The Anterior Cruciate Ligament: Reconstruction and Basic Science*, 2nd Edition, by Dr. Chadwick Prodromos, provides the expert guidance you need to effectively select the right procedure and equipment, prevent complications, and improve outcomes for every patient. Written and edited by world leaders in hamstring, allograft, and bone-patellar tendon-bone (BTB) ACL reconstruction, this revised reference is a must-have resource for the full range of anterior cruciate ligament reconstruction techniques, plus fixation devices, rehabilitation, revision ACLR surgery, and much more! - Covers the latest clinical and technical information on pain control, genetics and biologics, the use of ultrasound, and much more. - EBook access features an exhaustive ACL bibliography database more than 5000 available articles. - Features dozens of new chapters that offer up-to-date information on pain control after ACLR, single vs. double bundle repairs, genetics and collagen type, all-inside techniques, biologics, pediatrics, ACL ganglion cysts, prognosis for ACLR success, allografts vs. autografts, and more. - Provides the experience and insight of a dream team of ACL experts, including James Andrews on

sports medicine, Frank Noyes on HTO and ACLR, and Andrew Amis on the benefits of the older femoral tunnel placement technique. - Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

6 months post acl surgery exercises: Return to Sport after ACL Reconstruction and Other Knee Operations Frank R. Noyes, Sue Barber-Westin, 2019-11-05 The wealth of information provided in this unique text will enable orthopedic surgeons, medical practitioners, physical therapists, and trainers to ensure that athletes who suffer anterior cruciate ligament (ACL) injuries, or who require major knee operations for other reasons, have the best possible chance of safely resuming sporting activity at their desired level without subsequent problems. Divided into seven thematic sections, the coverage is wide-ranging and encompasses common barriers to return to sport, return to sport decision-based models, and the complete spectrum of optimal treatment for ACL injuries, including preoperative and postoperative rehabilitation. Advanced training concepts are explained in detail, with description of sports-specific programs for soccer, basketball, and tennis. Readers will find detailed guidance on objective testing for muscle strength, neuromuscular function, neurocognitive function, and cardiovascular fitness, as well as validated assessments to identify and manage psychological issues. In addition, return to sport considerations after meniscus surgery, patellofemoral realignment, articular cartilage procedures, and knee arthroplasty are discussed. Generously illustrated and heavily referenced, *Return to Sport after ACL Reconstruction and Other Knee Operations* is a comprehensive resource for all medical professionals and support staff working with athletes and active patients looking to get back in the game with confidence.

6 months post acl surgery exercises: Current Concepts in ACL Reconstruction Freddie H. Fu, Steven B. Cohen (M.D.), 2008 From evaluation to outcome, *Current Concepts in ACL Reconstruction* will help you keep pace with the latest techniques for the treatment of anterior cruciate ligament injuries. This text provides the most complete and up-to-date information for the surgical reconstruction of a torn ACL including details about the newer double-bundle procedure. Both American and international perspectives on the treatment of ACL injuries are included to provide the most comprehensive review on the market today. Inside this richly illustrated text, Drs. Freddie H. Fu and Steven B. Cohen along with contributions from the world's most experienced knee surgeons review the basic science, kinematic, imaging, and injury patterns surrounding the ACL. Surgical concepts, various techniques for reconstruction, and diverse opinions on approaching the ACL are also included. *Current Concepts in ACL Reconstruction* explains the anatomical basis in order to provide the most current surgical principles to ensure the patient receives the best surgical outcomes. To reflect recent advancements in ACL treatment, the emerging double-bundle technique is comprehensively covered. The differences between the single- and double-bundle techniques are discussed with perspectives from leading international experts in double-bundle reconstruction. An accompanying video CD-ROM demonstrates the various procedures mentioned throughout the text. In addition, several of the world's most experienced surgeons provide their perspective from what they have learned by performing ACL surgery for over 25 years, along with their insight into the future treatment of ACL injuries. What you will want to learn more about: - Differences between single- and double-bundle reconstruction techniques - Outcomes of single- and double-bundle reconstruction - Pediatric ACL reconstruction - Gender differences in ACL injury - Radiographic imaging - Computer navigation assistance for ACL reconstruction - Injury patterns of the ACL - Graft choices in ACL surgery - Revision ACL surgery - Postoperative rehabilitation after ACL reconstruction - Outcome measures to assess success after surgery *Current Concepts in ACL Reconstruction* answers the need for a comprehensive information source on the treatment of ACL injuries. Orthopedic residents and surgeons will be prepared with this thorough review of ACL reconstruction by their side.

6 months post acl surgery exercises: Total Knee Arthroplasty James Alan Rand, 1993 This comprehensive reference on total knee arthroplasty describes all surgical techniques and prosthetic designs for primary and revision arthroplasty, discusses every aspect of patient selection,

preoperative planning, and intraoperative and postoperative care.

6 months post acl surgery exercises: The ACL Guidebook Shai Simonson, 2019-11-10
Tearing your ACL is a devastating injury requiring surgical replacement and a 1-2 year rehab. Everything you need to know to manage a torn ACL can be found in this book. Written by a patient in consultation with his surgeon, this is the perfect guidebook for someone looking for a patient's perspective. Learn the anatomy of the knee, study surgical options, enjoy celebrity athlete stories, and prepare your rehab. Compare your story to others, and know what to expect in the short and long term.

6 months post acl surgery exercises: The Knee Book - A Guide to the Aging Knee Adam S. Rosen, DO, 2021-12-09
Suffering from knee pain and desperate to know why? Discover the hows and whats of chronic discomfort and the steps you can take to get better. Seeking answers about your joint problems? Trying to decide how to decrease symptoms and improve your quality of life? Considering having an operation but worried over what it entails? Board Certified Orthopedic Surgeon, podcast host, and lecturer Dr. Adam Rosen has treated thousands of people in need of total knee and hip replacement, helping them on their journeys to wellness. Now he's here to share his vast experience and knowledge so that you can enjoy recovery and healing, with or without surgery. The Knee Book - A Guide to the Aging Knee is the must-have resource for those with health complaints who are looking for relief. With easy-to-understand language and patient-friendly discussion, Dr. Rosen walks readers through the different types of diagnoses, treatment options from conservative fixes to going under the knife, and how to approach rehabilitation for the best results. And by relying on the crucial information offered in these pages, you will be able to talk to your doctor and move forward with an actionable plan full of confidence and hope. In The Knee Book, you'll discover: - How to better understand why you are hurting and the things you can do to improve your symptoms - Comprehensive but easily accessible breakdown of the various kinds of diagnoses to help you make assured decisions - Simple exercises that can strengthen your legs at home and increase body functionality - Methods to control pain and use physical therapy to encourage good outcomes - Ways weight-loss can reduce suffering, straightforward explanations of common conditions such as meniscus tears, Baker's cysts, and arthritis, and much, much more! The Knee Book is the perfect road map for navigating health challenges. If you like user-friendly descriptions, knowing all your options, and simplifying medical speech, then you'll love Dr. Adam Rosen's invaluable primer. Buy The Knee Book to walk without pain today!

6 months post acl surgery exercises: Ligament Reconstructions L'hocine Yahia, 2021-04-12
The ACL or anterior cruciate ligament is the most important ligament in the knee. When it is completely torn, it can lead to instability or buckling of the knee. There are several options to choose from when selecting a graft for ACL reconstruction such as using autografts including patellar tendon, hamstring tendon, and quadriceps tendon, and allografts (also known as donor tissue or cadaver tissue). Artificial ligaments are also discussed since they are still used in Europe and Asia. This book summarizes the pros and cons of each graft option in detail.

6 months post acl surgery exercises: The Posterior Cruciate Ligament Michael Strobel, Andreas Weiler, 2010

6 months post acl surgery exercises: Knee Ligament Rehabilitation Todd S. Ellenbecker, 2000
This resource presents the scientific basis for the clinical application of nonoperative and postoperative rehabilitation of knee ligament injuries. It presents comprehensive coverage of the anatomy and biomechanics of the human knee and in-depth discussion of clinical evaluation, operative and nonoperative rehabilitation methods, and recommendations for specific treatment strategies.

6 months post acl surgery exercises: Return to Play in Football Volker Musahl, Jón Karlsson, Werner Krutsch, Bert R. Mandelbaum, João Espregueira-Mendes, Pieter d'Hooghe, 2018-03-16
In this book, leading experts employ an evidence-based approach to provide clear practical guidance on the important question of when and how to facilitate return to play after some of the most common injuries encountered in football. Detailed attention is paid to biomechanics, the female athlete, risk

factors, injury prevention, current strategies and criteria for safe return to play, and future developments. Specific topics discussed in depth include concussion, anterior cruciate ligament and other knee injuries, back pathology, rotator cuff tears, shoulder instability, hip arthroscopy, and foot and ankle injuries. The chapter authors include renowned clinicians and scientists from across the world who work in the field of orthopaedics and sports medicine. Furthermore, experiences from team physicians involved in the Olympics, National Football League (NFL), Union of European Football Associations (UEFA), and Fédération Internationale de Football Association (FIFA) are shared with the reader. All who are involved in the care of injured footballers will find this book, published in cooperation with ESSKA, to be an invaluable, comprehensive, and up-to-date reference that casts light on a range of controversial issues.

6 months post acl surgery exercises: The Win Within Bert R. Mandelbaum, 2014-09-16 An inspiring guide to playing your personal best in the sport of life As an orthopedic surgeon, a finish-line physician, and a USA team doctor at the World Cup and the Olympics, Dr. Bert Mandelbaum has witnessed the trials and triumphs of elite athletes from a vantage point few of us get. And over his twenty-plus years of experience, he's identified a common character trait that every elite athlete relies upon for success: it's what he calls the "victorious spirit." In *The Win Within*, Mandelbaum reveals that any of us—no matter our age or physical condition—can capture that same spirit in our own lives. This inner drive to win resides in all of us, he argues, hardwired into our DNA by ancestry dating back millions of years. You'll learn how to view life the way a top-performing athlete does: relentlessly, tenaciously, positively, and focusing less on the finish line of the marathon and more on the 26.2 miles that precede it. With narrative support ranging from the lessons of our early ancestors to Mandelbaum's stories of our modern-day gladiators (both household name and lesser known), *The Win Within* will give you a greater understanding of how and why we're all hardwired to win—and you'll come away with no shortage of tactics and motivation to capture your own victorious spirit.

6 months post acl surgery exercises: The Unhappy Total Knee Replacement Michael T. Hirschmann, Roland Becker, 2015-09-15 This book addresses the need for improved diagnostic and treatment guidelines for patients in whom total knee arthroplasty (TKA) has had an unsatisfactory outcome. It opens by discussing the basics of TKA and the various causes of failure and pain. Diagnostic aspects are considered in detail, with attention to advances in clinical investigation, laboratory analysis and in particular, imaging techniques. In addition, helpful state of the art diagnostic algorithms are presented. Specific pathology-related treatment options, including conservative approaches and salvage and revision TKA strategies, are then explained, with identification of pitfalls and key points. A series of illustrative cases cover clinical scenarios frequently encountered in daily clinical practice. The evidence-based, clinically focused guidance provided in this book, written by internationally renowned experts, will assist surgeons in achieving the most effective management of these challenging cases.

6 months post acl surgery exercises: The Diagnosis and Management of Soft Tissue Knee Injuries New Zealand Guidelines Group, Accident Compensation Corporation (N.Z.), 2003-01-01 The purpose of the guideline is to provide an evidence-based summary of the diagnostic management and treatment options available for internal derangements of the knee to assist health practitioners and consumers make informed decisions to improve health outcomes.

6 months post acl surgery exercises: ACL Injuries in Female Athletes Robin West, Brandon Bryant, 2018-12-07 This easy-to-read reference presents a succinct overview of clinically-focused topics covering the prevention, treatment, and rehabilitation of ACL injuries in the female athlete. Written by two professional team physicians, it provides practical, focused information for orthopaedic and sports medicine surgeons and physicians. - Covers ACL injury risk factors and prevention, including biomechanics, biology, and anatomy of the female athlete. - Discusses graft choices, the biology of healing, rehabilitation and return to play, future options for treatment, and more. - Addresses special considerations such as pediatric ACL and revision ACL. - Consolidates today's available information and experience in this timely area into one convenient resource.

6 months post acl surgery exercises: Therapeutic Exercise for Musculoskeletal Injuries

Peggy A. Houglum, 2018-10-30 *Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition With Online Video*, presents foundational information that instills a thorough understanding of rehabilitative techniques. Updated with the latest in contemporary science and peer-reviewed data, this edition prepares upper-undergraduate and graduate students for everyday practice while serving as a referential cornerstone for experienced rehabilitation clinicians. The text details what is happening in the body, why certain techniques are advantageous, and when certain treatments should be used across rehabilitative time lines. Accompanying online video demonstrates some of the more difficult or unique techniques and can be used in the classroom or in everyday practice. The content featured in *Therapeutic Exercise for Musculoskeletal Injuries* aligns with the Board of Certification's (BOC) accreditation standards and prepares students for the BOC Athletic Trainers' exam. Author and respected clinician Peggy A. Houglum incorporates more than 40 years of experience in the field to offer evidence-based perspectives, updated theories, and real-world applications. The fourth edition of *Therapeutic Exercise for Musculoskeletal Injuries* has been streamlined and restructured for a cleaner presentation of content and easier navigation. Additional updates to this edition include the following:

- An emphasis on evidence-based practice encourages the use of current scientific research in treating specific injuries.
- Full-color content with updated art provides students with a clearer understanding of complex anatomical and physiological concepts.
- 40 video clips highlight therapeutic techniques to enhance comprehension of difficult or unique concepts.
- Clinical tips illustrate key points in each chapter to reinforce knowledge retention and allow for quick reference.

The unparalleled information throughout *Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition*, has been thoroughly updated to reflect contemporary science and the latest research. Part I includes basic concepts to help readers identify and understand common health questions in examination, assessment, mechanics, rehabilitation, and healing. Part II explores exercise parameters and techniques, including range of motion and flexibility, proprioception, muscle strength and endurance, plyometrics, and development. Part III outlines general therapeutic exercise applications such as posture, ambulation, manual therapy, therapeutic exercise equipment, and body considerations. Part IV synthesizes the information from the previous segments and describes how to create a rehabilitation program, highlighting special considerations and applications for specific body regions. Featuring more than 830 color photos and more than 330 illustrations, the text clarifies complicated concepts for future and practicing rehabilitation clinicians. Case studies throughout part IV emphasize practical applications and scenarios to give context to challenging concepts. Most chapters also contain Evidence in Rehabilitation sidebars that focus on current peer-reviewed research in the field and include applied uses for evidence-based practice. Additional learning aids have been updated to help readers absorb and apply new content; these include chapter objectives, lab activities, key points, key terms, critical thinking questions, and references. Instructor ancillaries, including a presentation package plus image bank, instructor guide, and test package, will be accessible online. *Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition*, equips readers with comprehensive material to prepare for and support real-world applications and clinical practice. Readers will know what to expect when treating clients, how to apply evidence-based knowledge, and how to develop custom individual programs.

6 months post acl surgery exercises: The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book Chadwick Prodromos, Charles Brown, Freddie H. Fu, Anastasios D. Georgoulis, Alberto Gobbi, Stephen M. Howell, Don Johnson, Lonnie E. Paulos, K. Donald Shelbourne, 2007-12-27 Master the very latest clinical and technical information on the full range of anterior cruciate ligament reconstruction techniques. Both inside the remarkably user-friendly printed version of this Expert Consult title and on its fully searchable web site, you'll find detailed coverage of hamstring, allograft and bone-tendon-bone (BTB) ACL reconstruction (including single versus double bundle techniques), and hamstring graft harvesting; plus fixation devices, rehabilitation, revision ACLR surgery, and much more! A dream team of ACL surgeons provides the

advanced guidance you need to overcome the toughest challenges in this area. A comparison of the full range of graft options for ACL reconstruction makes it easier to choose the best approach for each patient. State-of-the-art information on the latest principles and technical considerations helps you avoid complications. 'How to' principles of post-op rehabilitation and revision ACL surgery optimize patient outcome. Access to the full contents of the book online enables you to consult it from any computer and perform rapid searches. Also available in an upgradeable premium online version including fully searchable text PLUS timely updates.

6 months post acl surgery exercises: The ACL Solution Robert G. Marx, MD, Grethe Myklebust, Brian W. Boyle, 2012-06-19 For many athletes, tearing the ACL is a devastating knee injury. In *The ACL Solution*, Dr. Robert G. Marx, orthopedic surgeon and world leading authority on ACL injury tells you everything you need to know about how to prevent it or recover if you are already injured. Close to 50 ACL-specific exercises are described by Dr. Myklebust, a physical therapist for the Norwegian national women's handball, soccer and volleyball teams, and a world-renowned expert on the science of ACL injury prevention. You'll learn how to better balance your body and strengthen the muscles around your knee to provide greater stability and endurance. Whether you're the parent of active children, a promising young athlete, a coach, or a 40-year-old who lives for his or her weekly basketball league, this book is a must read.

6 months post acl surgery exercises: Functional Testing in Human Performance Michael P. Reiman, Robert C. Manske, 2009 *Functional Testing in Human Performance* offers clinicians the first-ever compilation of information on clinical and data-based functional testing for sport, exercise, and occupational settings. This unique text serves as a primary resource for accurate assessment of individuals' functional abilities in order to develop program prescriptions to enhance their performance. *Functional Testing in Human Performance* is a comprehensive learning tool for novices and an essential reference for advanced clinicians. The text defines the role of function in physical performance and how it can be appropriately tested. Especially helpful for novices, the text explains testing criteria, testing terms relevant to research, and selecting the most appropriate test and testing sequence. Common testing mistakes are also presented as well as pitfalls to avoid when testing. The text also includes case studies that illustrate a variety of situations--including testing for a client recovering from a lower-extremity injury, discussing preseason testing for a large group of athletes, and presenting the study of a client in an occupational setting. These cases include detailed statistical analysis and normative data, offering clinicians the opportunity to consider the application of functional testing and implementation strategies adaptable to their specific practice setting. After laying a foundation, the text progresses to detailed testing procedures for discrete physical parameters and specific regions of the body. Tests are organized from least to most complex, and each test is presented in a step-by-step manner outlining the purpose of the test, equipment needed, testing procedure and recommendations for performing the test, interpretation of results, and the data to suggest normative values, reliability, and validity for each test. This formatting facilitates quick reference to testing information for on-the-spot use, whether in the clinic, athletic training room, gym, or job site. Throughout the text, the functional tests are accompanied by photos for visual clarity. To enhance understanding, a companion DVD features live-action demonstrations of 40 of the most advanced tests. Icons on those test pages indicate they are modeled on the DVD. In addition, the DVD may be loaded onto a computer to offer convenient print-on-demand access to reproducible forms for recording data from selected tests. *Functional Testing in Human Performance* offers a unique and comprehensive reference for assessment of physical activities in sport, recreation, work, and daily living. By presenting the theory and detailing the practice, this text assists clinicians in understanding and incorporating functional testing to identify their patients' or clients' limitations and enhance their performance, rehabilitation, and daily functioning.

6 months post acl surgery exercises: Rotatory Knee Instability Volker Musahl, Jón Karlsson, Ryosuke Kuroda, Stefano Zaffagnini, 2016-09-27 This book is designed to equip the reader with the knowledge and tools required for provision of individualized ACL treatment based on the best available evidence. All major aspects of the assessment of rotatory knee instability are

addressed in depth. A historical overview of arthrometers, both invasive and non-invasive, is provided, and newly developed devices for the measurement of rotatory knee laxity are considered. Recent advances with respect to the pivot shift test are explained and evidence offered to support a standardized pivot shift test and non-invasive quantification of the pivot shift. Specific surgical techniques for rotatory laxity are described, with presentation of the experience from several world-renowned centers. In addition, functional rehabilitation and “return to play” are discussed. In keeping with the emphasis on an individualized approach, the book highlights individualization of surgical reconstruction techniques in accordance with the specific injury pattern and grade of rotatory knee laxity as well as the use of individualized rehabilitation techniques. Numerous high-quality images illustrate key points and clear take-home messages are provided.

6 months post acl surgery exercises: ACSM's Clinical Exercise Physiology Walter R. Thompson, Cemal Ozemek, 2023-11-16 Reflecting the unsurpassed quality and excellence synonymous with the American College of Sports Medicine, ACSM's Clinical Exercise Physiology, second edition, provides an evidence-based approach to exercise as intervention for more than 35 conditions commonly encountered in practice — from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are logically organized by disease types and divided into sections that cover specific conditions from a pathological and etiological perspective, with additional coverage of important considerations and foundational elements — such as screening, pharmacology, and electrocardiography — ensuring a complete view of clinical exercise physiology. Fully aligned with ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition, and updated throughout with new content and learning tools, this second edition provides total support for success in advanced undergraduate or graduate clinical exercise physiology courses, as well as the ACSM's Clinical Exercise Physiology certification exam.

6 months post acl surgery exercises: The Comprehensive Manual of Therapeutic Exercises Elizabeth Bryan, 2024-06-01 Therapeutic exercises can be found spread out amongst numerous texts, handouts, card boxes, and websites, which has sent clinicians, practitioners, and trainers searching for reliable, evidence-based exercises for the entire body, all packaged into a single, all-inclusive manual. To that end, The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions was written as a fundamental resource on exercise theory and techniques, and as a comprehensive guide for designing exercise programs. Dr. Elizabeth Bryan has compiled thousands of clinically relevant exercises to create a text that will teach students theory and proper application that they will then return to again and again in their career as a reference to aid in designing evidence-based exercise programs for their clients or patients. Introductory chapters cover exercise parameters, exercise progression, the importance of form, muscle soreness, and a reference for body position terminology, then subsequent chapters are organized by body area to cover most of the clinical exercises in use today. Each exercise includes photographs, a list of muscle systems that will be affected, specific substitutions to look for, and detailed instructions directed at students and clinicians. Also included are sections devoted to protocols and specialty exercises including yoga and tai chi. Embracing the principles of evidence-based practice, “Where's the Evidence?” boxes are prominently featured throughout the text to support the exercises and theory with up-to-date, relevant, sufficient, valid, and reliable studies. Combining theory with practice, The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions is an essential tool for students as well as clinicians, practitioners, or trainers to find the most appropriate exercises for their client's or patient's needs and apply them properly.

6 months post acl surgery exercises: Insall & Scott Surgery of the Knee E-Book W. Norman Scott, 2017-02-10 Insall & Scott Surgery of the Knee by Dr. W. Norman Scott remains the definitive choice for guidance on the most effective approaches for the diagnosis and management of the entire scope of knee disorders. This edition reflects a complete content overhaul, with more than 50 new chapters and over 400 contributors from around the world. The video program includes 70 new video clips, while new and expanded material covers a range of hot topics, including same-day surgery and hospital management of knee arthroplasty patients and anesthesia specific for knee

surgery. - Extensive visual elements and video program include nearly 70 new videos -- over 230 in total - as well as a Glossary of Implants featuring 160 demonstrative pictures. - Over 50 new chapters and brand-new sections on Same Day Surgery and Hospital Management of Knee Arthroplasty Patients; Quality and Payment Paradigms for TKA; Anesthesia Specific for Knee Surgery; and Preoperative Assessment, Perioperative Management, and Postoperative Pain Control. - An expanded Adult Reconstruction Section informs readers about Enhanced Primary Revision and the treatment of Peri-prosthetic fractures in TKA. - Includes enhanced worldwide approaches for all aspects of disorders of the knee from nearly 400 contributors worldwide. - Boasts updated pediatric knee considerations and updated tumor surgery principles for the treatment of tumors about the knee. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, videos (including video updates), glossary, and references from the book on a variety of devices.

6 months post acl surgery exercises: The Multiple Ligament Injured Knee Gregory C. Fanelli, 2012-08-16 The Multiple Ligament Injured Knee: A Practical Guide to Management includes the most developed knowledge needed to successfully diagnose and treat knee ligament injuries. This thorough work presents anterior and posterior cruciate and collateral ligament anatomy and biomechanics along with non-invasive methods for diagnosing the extent of injury, such as radiographic and arthroscopic evaluation. Various injuries are discussed in addition to useful treatment techniques, including arthroscopic reconstruction, posterolateral and posteromedial corner injury and treatment, assessment and treatment of vascular injuries, assessment and treatment of nerve injuries, rehabilitation, and post-operative results. Each of these clearly written chapters is accompanied by a wealth of line drawings and photographs that demonstrate both the surgical and non-surgical approaches to examination and treatment.

6 months post acl surgery exercises: Lower Extremity Joint Preservation Mats Brittberg, Konrad Slynarski, 2020-12-19 This book describes and discusses the available joint preservation techniques for maintaining the stability homeostasis of the lower extremity joints - specifically the hip, knee, and ankle - following injury. Readers will find detailed coverage of anatomy, pathology, techniques for repair, restoration, and regeneration, and rehabilitation strategies. Joint preservation is an emerging field in Orthopaedics that represents a response to the limitations of joint replacement technology. Using the techniques now available, surgeons can try to prevent or delay the onset of osteoarthritis or other degenerative conditions affecting the joints, particularly in young patients. Furthermore, modern tissue engineering offers the potential for whole-joint resurfacing, thereby achieving complete restoration. Optimal implementation of these techniques depends upon further refinement of methods and continuing improvements in knowledge of biomechanics, biology, and anatomy. Against this background, the present book is an ideal guide to the latest treatment modalities that will appeal to all who wish to learn more about indications, goals, procedures, and expected outcomes.

6 months post acl surgery exercises: Postsurgical Orthopedic Sports Rehabilitation Robert C. Manske, 2006-01-01 Written by well-known experts in a reader-friendly style, this is the only book to focus specifically on post-surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients. Content covers basic concepts related to soft tissue healing, as well as core concepts in sports medicine rehabilitation, all of which lay the groundwork for discussions of specific protocols. Detailed descriptions of the latest post-surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans. Includes a separate section on multiple ligament knee injuries. Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting. Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans. The inflammatory response is described, with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder. Protocols based on the most recent research available promotes evidence-based practice. A chapter on rotator cuff injuries includes authoritative,

up-to-date information on this topic. A chapter on cartilage replacement focuses on the nuts and bolts of rehabilitation for this common injury, offering current, hands-on information about one of the fastest changing treatment protocols. Contributors are expert therapists and physicians - respected leaders in their field. Each chapter highlights post-op guidelines and protocols in a consistent format that's immediately accessible and easy to reference. Comprehensive information on soft tissue healing is presented. A separate section on multiple ligament knee injuries presents hard-to-find information that's rarely covered in other resources or literature.

6 months post acl surgery exercises: FrameWork for the Knee Nicholas A. Dinubile, Bruce Scali, 2010-09-28 Musculoskeletal conditions are the #1 reason for doctor visits among Americans. No one knows the concerns of patients afflicted with these bone, muscle, and joint issues better than Dr. Nicholas DiNubile. As the orthopedist to the Philadelphia 76ers, he presented his plan for treating and preventing general pain without surgery or drugs in his first book, FrameWork. Now, in the second installment of his Active for Life series, Dr. DiNubile turns his attention to the estimated 21 million Americans who suffer from chronic knee pain. Beginning with an in-depth look at the causes of common knee injuries, Dr. DiNubile provides diagnostic tools for assessing pain. His 7-step plan for treating the injury, rehabilitating the area, eating to aid healing, and protecting the knee allow you to continue enjoying your favorite activities. Knee pain and injury don't have to mean the end of an active lifestyle. All it takes is a balanced, customized program designed to address patient-specific needs. FrameWork for the Knees provides anyone suffering from these issues with the tools to be active for life.

6 months post acl surgery exercises: Physical Rehabilitation of the Injured Athlete Gary L. Harrelson, 2004 Represents collaboration among orthopaedists, physical trainers, and athletic trainers. It reviews the rehabilitation needs for all types of sports injuries, stressing the treatment of the entire kinetic chain with various exercises. Chapters have been extensively revised, featuring new concepts and techniques. The 3rd edition includes four new chapters (Proprioception and Neuromuscular Control; Cervical Spine Rehabilitation; Functional Training and Advanced Rehabilitation; and Plyometrics), new contributors and new features, such as summary boxes and tables.

6 months post acl surgery exercises: Knee Arthroscopy Brian P. McKeon, James V. Bono, John C. Richmond, 2009-04-11 This book serves as a technique-oriented how-to guide to knee arthroscopy. Renowned authorities present advances in meniscal transplantation, articular cartilage repair, anterior cruciate ligament treatment and other procedures. Chapters are comprehensive, and readers are led step-by-step through techniques. Anatomy, indications, and complications for each approach are highlighted, and clinical pearls are featured throughout. Case studies facilitate the integration of concepts into practice. Orthopedic surgeons, orthopedic residents, and sports medicine physicians will find this thorough text invaluable.

6 months post acl surgery exercises: Techniques in ACL Surgery Sachin Tapasvi, 2018-07-31 ACL surgery involves the repair or reconstruction of the anterior cruciate ligament in the knee. The procedure is usually performed by arthroscopic surgery. This book is a comprehensive guide to ACL surgery for practising orthopaedic surgeons. Comprising 34 chapters, the text covers the latest advances and explains all the different techniques. 'Pearls and pitfalls' of each technique are described in depth. The book includes discussion on improving outcomes, rehabilitation, prevention of degenerative changes, elimination of laxity, and patient satisfaction. The text is highly illustrated with clinical photographs, diagrams and tables, and each topic features 'tips and tricks' from expert surgeons. Key points Comprehensive guide to anterior cruciate ligament (ACL) knee surgery for orthopaedic surgeons Explains latest advances and techniques with 'pearls and pitfalls' Includes discussion on improving outcomes and rehabilitation Highly illustrated with clinical photographs, diagrams and tables

6 months post acl surgery exercises: Therapeutic Exercise William D. Bandy, Barbara Sanders, 2001 This entirely new resource focuses on the implementation of treatment plans and intervention using the newest appropriate therapeutic exercise techniques. It provides descriptions

and rationale for use of a wide range of exercises to improve a patient's function and health status and to prevent potential future problems. The description of the purpose, position and procedure is given for each technique, providing a complete understanding of the exercise. Features include Pediatric and Geriatric Boxes, Case Studies, and Clinical Guidelines. Fourteen contributors in the fields of exercise science and physical therapy make the text a comprehensive, well-rounded overview of therapeutic exercise techniques.

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6 months post acl surgery exercises: Science and Application of High-Intensity Interval Training Laursen, Paul, Buchheit, Martin, 2019 The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That’s why Science and Application of High-Intensity Interval Training is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training.

6 months post acl surgery exercises: *Regenerative Strategies for the Treatment of Knee Joint Disabilities* Joaquim Miguel Oliveira, Rui Luís Reis, 2016-09-26 This book presents regenerative strategies for the treatment of knee joint disabilities. The book is composed of four main sections totaling 19 chapters which review the current knowledge on the clinical management and preclinical regenerative strategies. It examines the role of different natural-based biomaterials as scaffolds and implants for addressing different tissue lesions in the knee joint. Section one provides an updated and comprehensive discussion on articular cartilage tissue regeneration. Section two focuses on the important contributions for bone and osteochondral tissue engineering. Section three overview the recent advances on meniscus repair/regeneration strategies. Finally, section four further discusses the current strategies for treatment of ligament lesions. Each chapter is prepared by world know expert on their fields, so we do firmly believe that the proposed book will be a reference in the area of biomaterials for regenerative medicine.

6 months post acl surgery exercises: Noyes' Knee Disorders: Surgery, Rehabilitation, Clinical Outcomes E-Book Frank R. Noyes, 2016-02-02 Frank R. Noyes, MD – internationally-renowned knee surgeon and orthopaedic sports medicine specialist – presents this unparalleled resource on the diagnosis, management, and outcomes analysis for the full range of complex knee disorders. - Relies on Dr. Noyes' meticulous clinical studies and outcomes data from peer-reviewed publications as a scientifically valid foundation for patient care. - Features detailed post-operative rehabilitation programs and protocols so that you can apply proven techniques and ease your patients' progression from one phase to the next. - Presents step-by-step descriptions on soft tissue knee repair and

reconstruction for anterior cruciate ligament reconstruction, meniscus repair, soft tissue transplants, osseous malalignments, articular cartilage restoration, posterior cruciate ligament reconstruction, and more to provide you with guidance for the management of any patient. - Contains today's most comprehensive and advanced coverage of ACL,PCL, posterolateral, unicompartmental knee replacement, return to sports after injury, along with 1500 new study references supporting treatment recommendations. - Features all-new content on unicompartmental and patellofemoral knee replacement, updated operative procedures for posterior cruciate ligament and posterolateral ligament deficiency, updated postoperative rehabilitation protocols, and new information on cartilage restoration procedures and meniscus transplantation. - Includes some of the most comprehensive and advanced discussions on arthrofibrosis, complex regional pain syndrome, tibial and femoral osteotomies, and posterolateral reconstructions available in modern published literature. - Covers gender disparities in ligament injuries for more effective analysis and management. - Includes access to 46 outstanding videos encompassing nearly 11 hours of surgery, live patient rounds, and live presentations. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, and references from the book on a variety of devices.

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ACL Reconstruction Guidelines - Northwestern Medical Center

Outpatient PT scheduled post-op day 1 (unless surgery on Friday then scheduled on Monday for PT)
 ... • Plyometrics in controlled environment at 6 months • Non-contact sport specific ...

ACL Reconstruction - Sanford Health

- May initiate open kinetic chain knee extension strengthening exercises at 4 weeks post-op from 90 ... ACL Rehabilitation Guideline (6-12 months) Phase IV Advanced Strengthening and ...

ACL Reconstruction with Hamstring Autograft Rehabilitation ...

• Weightbearing as tolerated immediately post-op PHYSICAL THERAPY ATTENDANCE The following is an approximate schedule for supervised physical therapy visits: • Phase I (0-6 ...

ACL RECONSTRUCTION & MENISCUS REPAIR ...

Phase 4: 14 weeks-6 months (3rd postoperative visit and beyond)—Sports-Specific Drills • Weightbearing: Full Weightbearing, no brace • Range of Motion: Full, painless ROM • ...

ACL Reconstruction - Sanford Health

- May initiate open kinetic chain knee extension strengthening exercises at 4 weeks post-op from 90 ... ACL Rehabilitation Guideline (6-12 months) Phase IV Advanced Strengthening and ...

Rehabilitation Protocol for Achilles Rupture Repair

PHASE VI: ADVANCED POST-OP (3-6 MONTHS AFTER SURGERY) Rehabilitation Goals • Safely progress strengthening • Promote proper movement patterns • Avoid post exercise ...

Anterior cruciate ligament reconstruction surgery - advice for ...

Non-contact sports from 7 months. Contact sports from 9 -12 months after consultation with the surgeon. Return to work Dependent on nature of occupation. This will be discussed at clinic ...

Patellar Tendon Repair Rehabilitation Guideline - Sanford ...

Jan 17, 2018 • Locked brace worn at all times except with ROM exercises until week 6. • Persistent

effusion (>10 weeks) may require altered or slower progression through remainder ...

ACL Rehabilitation Protocol - Mark Clatworthy

for at least four months. For simplicity, the rehabilitation program has been divided into three phases. ... depending on the response of your knee to your surgery Pre op ACL Exercises ...

ACL Reconstruction Protocol - youthsportsortho.com

5. Use CPM at home, up to 8 hours daily (minimum of 6 hours). ACL-R only: 0-60°, 0-90° @ 2 weeks
ACL-R + Meniscus Repair: 0-90° @ 4 weeks 6. Partial WB at 50% of body weight with ...

Anterior-Cruciate Ligament Reconstruction Protocol

Jan 1, 2023 · (3-5 Weeks Before Surgery) REHABILITATION GOALS • Full knee extension range of motion ... ACL-RSI INTERVENTION Include exercises from previous phases as needed ...

ACL Reconstruction Rehab Protocol - Florida

Jan 2, 2022 · Allograft 5-6 months 6-7 months 7-8 months 10+ months Timelines are estimated based upon current literature studying graft healing and patient progress in formal physical ...

ACL Reconstruction Post-operative Rehabilitation Protocol

Phase 4: 4-6 months post -op . Goals Symmetric performance of basic and sport specific agility drills
Single hop and 3 hop tests 85% of uninjured lower extremity (STEP and LEAP testing ...

Post-operative Rehabilitation Protocol - University of Virginia ...

Post-operative Rehabilitation Protocol ACL Reconstruction with Meniscus Repair or Microfracture.
Phase 1 (0-6 weeks post op): Goals • Protect graft and graft fixation • Minimize effects of ...

Suggestions From the Field for Return to Sports Participation ...

(ACL) injury is one of the most serious injuries in soccer and a potentially career-ending one.⁵⁴ The incidence of ACL injuries in soccer players accounts for thousands of ACL tears per year.¹ ...

ACL and Posterolateral Corner

surgery Criteria to Advance to Next Phase: 1. No pain or swelling 2. Normal gait and motion
3. Excellent quad activation Phase II Maximum Protection Phase Weeks 0-6 Expected visits: 4 ...

Rehabilitation Protocol for Peroneal Tendon Repair

PHASE VI: ADVANCED POST-OP (3-6 MONTHS AFTER SURGERY) Rehabilitation Goals • Full strength and ROM of ankle. • Promote proper movement patterns. • Avoid post exercise ...

Rehabilitation Protocol for PCL Reconstruction

PHASE III: LATE POST-OP (3-6 MONTHS AFTER SURGERY) Rehabilitation Goals • Safely progress strengthening ... exercises to promote successful return to sport and reduce injury ...

PHYSIOTHERAPY ACL PROTOCOL - LWW

OKC exercises have previously been contraindicated in ACLR patients for 6 months up to a year post-operatively, although the concern about the safety of OKC training in the early period after ...

Post-Operative Instructions ACL and LCL Reconstruction

Professor of Orthopedic Surgery Chief, Division of Sports Medicine T 646-501-7223 NYU Langone
Orthopedic Center 333 E 38th St, New York, NY 10016 T 646-501-7223 F 646-754-9505 ...

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION - Sport ...

and strengthening exercises relating to your calf, quadriceps, hamstrings and buttock muscles to assist in your rehabilitation after surgery. There are always differences in one's ability, goals ...

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Post operative HKB to be worn ~6 weeks ... The major goals of ACL surgery and rehabilitation are: - Restore normal joint anatomy. - Provide static and dynamic stability. ... - CORE exercises ...

ISOLATED MENISCUS REPAIR POST--OP REHABILITATION ...

MONTHS POSTOPERATIVE GOAL: • Run 2 miles at easy pace • Return to all activities EXERCISES: No Squatting or Leg press > 90 degrees until beyond 4 months post-op No hard ...

Rehabilitation Guidelines for Total Ankle Arthroplasty

Post-operative Considerations This procedure results in a lot of pain and swelling. It is normal for the foot and ankle to be swollen up to 6-12 months post-operatively. In the immediate post ...

ACL Injury, Reconstruction, and Rehabilitation Guide - Sanford ...

One or two days before surgery, Sanford surgery schedulers will call you to confirm your surgery date and time. You will get information about restrictions for eating, drinking, and medications. ...

Patient Guidelines Following Surgery Post-Operative ACL ...

Patient Guidelines Following Surgery The post-op brace is locked in extension initially for the first week with the exception that it may be unlocked for post -op exercises and CPM use. It is ...

ACL Reconstruction Rehabilitation Guidelines - Sports ...

Familiarisation of the early post -operative exercises and the rehabilitation process : Swelling - Cryotherapy, Compression, Elevation. ... as ACL rupture has been estimated to occur within 17 ...

Postoperative Rehabilitation and Return to Play After ...

for utilization by the rehabilitation professional during the ACL rehabilitation. These S&C exercises and training principles may not only assist in a desired return-to-play outcome, but ...

Christopher Kim, MD, Scott G. Kaar, MD - Saint Louis University

ACL Reconstruction With Meniscus Repair Rehab Protocol Prescription Patient Name: Date: Diagnosis: ACL tear, meniscus tear Frequency: 2-3 visits/week Duration: 6 months ACL Graft ...

Altru Advanced Orthopedic ACL Rehabilitation Protocol

to 6" box • Maintain gains in strength (> or = 90% to 100%) • HOP test (> or = 90-100%) • KOS sports (> or = 80%) Functional Testing: • • 4 months post-op Provide recommendations for ...

ACL repair post-operative protocol - os.clinic

ACL repair post-operative protocol This protocol is designed to be guideline for rehabilitation, it is important to note that progression is dependent upon soft tissue healing times as well as the ...

This handout describes 12 exercises you DRAFT - University ...

Your ACL Surgery To strengthen your knee and help your recovery . This handout describes 12 exercises you need to do before and after your ACL (anterior cruciate ligament) surgery at UW ...

Medial Meniscus Root Repair: Post-surgical Recovery Process ...

With exercises for motion: ... •AVOID faster directional movements or pivoting for 6 months after surgery (lateral shuffling, pivoting for swinging a bat or golf club, plant and pivot motions for ...

POST OPERATIVE ACL RECONSTRUCTION REHAB ...

Exercises/Strengthening: 1. ROM/flexibility exercises 2. Closed kinetic chain quad strengthening - wall sits, mini squats, leg press 3. Stationary bike - progress time and resistance as tolerated ...

ACL Reconstruction Protocol - South Shore Orthopedics

weeks post op. For Hamstring and Allograft ACL's you will be partial weight bearing with crutches for the first 4 weeks. You may progress to weight bearing as tolerated with crutches between ...

T 646-501-7223 Post-Operative Instructions ACL & MCL ...

Post-Operative Instructions ACL & MCL Reconstruction + Meniscus Repair Day of surgery A. Diet as tolerated B. Icing is important for the first 5-7 days post-op. While the post-op dressing is in ...

ACL Reconstruction Rehabilitation Protocol - Dr. Millett

timing of ACL surgery has a significant influence on the development of postoperative knee stiffness. THE HIGHEST INCIDENCE OF KNEE STIFFNESS OCCURS IF ACL SURGERY IS ...

Isolated ACLR Rehabilitation Guideline | 1 - Texas Children's

- Until 4 weeks post-op: no open-kinetic chain (OKC) knee extension • Until 6 weeks post-op: No hamstring stretching/isometrics Quad tendon graft • Until 4 weeks post-op: No OKC knee ...

Pre-op ACL Class - My Doctor Online

Exercises Pre & Post-op. Preparing for Success. Appointment Schedule Day 3 post-op. ... labor (retail) 6 -8 weeks, Manual labor 4 months Exercise Bike • 2 weeks Swim • Pulling strokes at 4 ...

Complex Meniscal Repair Guideline - Sanford Health

Walking program - (4 months) Elliptical - (5 months) Stairmaster - (5 months) Goals of Phase: 1. Improved quad strength (80% of contralateral limb) 2. Normalized gluteal strength 3. Proper ...

REHABILITATION GUIDELINES FOR TIBIAL PLATEAU ...

Cardiovascular Exercises • Pool • UBE • Treadmill walking, progress to running in pool at week 16 then running on treadmill as able Progression Criteria • Gait normalized without AD • Strength ...

Isolated ACLR Rehabilitation Guideline | 1 - Texas Children's

- Until 4 weeks post-op: no open-kinetic chain (OKC) knee extension • Until 6 weeks post-op: No hamstring stretching/isometrics Quad tendon graft • Until 4 weeks post-op: No OKC knee ...

Effectiveness Of Mirror Therapy In Adjunct To Conventional ...

with post ACL surgery. ... previous major trauma/ surgery to knee in past 6 months, ... operated ACL reconstruction surgery and post-intervention on 6th day. exercises

ACL and Posterolateral Corner - Sanford Health

surgery Criteria to Advance to Next Phase: 1. No pain or swelling 2. Normal gait and motion 3. Excellent quad activation Phase II Maximum Protection Phase Weeks 0-6 Expected visits: 4 ...

Rehabilitation Protocol for MPFL Reconstruction

PHASE V: EARLY RETURN TO SPORT (3-5 MONTHS AFTER SURGERY) Rehabilitation Goals • Safely progress strengthening • Safely initiate sport specific training program • Promote ...

ACL RECONSTRUCTION REHABILITATION PROTOCOL

ACL RECONSTRUCTION REHABILITATION PROTOCOL PHASE 1 (0-6 Weeks) Goals: ... Begin closed chain exercises; low weight, high reps Progress to $\frac{3}{4}$ squat Step-ups; step-downs; side ...

Anterior Cruciate Ligament (ACL) Reconstruction Protocol

• Closed chain exercises • Post-operative soft tissue swelling and effusions • Splinting and Bracing • Goal return to sport specific activity at 4-6 months depending on progress Patient can ...

POST OPERATIVE ACL RECONSTRUCTION REHAB ...

6. Modalities . PHASE 2: WEEKS 2-6 . Weight bearing: 1. PWB with crutches Brace: 1. Hinged knee brace locked in extension for ambulation 2. Ok to remove brace for sleeping when ...

Post-operative Rehabilitation Protocol - University of Virginia ...

Post-operative Rehabilitation Protocol ACL Reconstruction with Meniscus Repair or Microfracture. Phase 1 (0-6 weeks post op): Goals • Protect graft and graft fixation • Minimize effects of ...

ACL REHABILITATION PROTOCOL - Leo Pinczewski

The phases of recovery after ACL reconstruction can be considered to broadly follow 6 stages. The goals of each stage should be achieved before progression to the next stage. 1. ...