

Plymouth Hospitals



NHS Trust

Anterior Cruciate Ligament Reconstruction

Phase 2 Rehabilitation (weeks 3-6)

www.plymouthhospitals.nhs.uk/ourservices/clinicaldepartments/physiotherapy/Pages/Home.aspx

Physiotherapy Department/LB/AJ

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Phase 2 Rehabilitation (weeks 3-6)

Criteria to progress onto phase 2

Able to walk without elbow crutches
Able to walk upstairs unaided
Full knee extension

Goals to be achieved before moving to next phase of rehab

Flexion to 90 degrees
Full Extension

Precautions

Continue as before

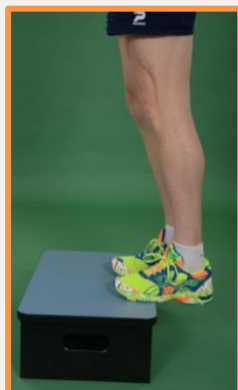
Remember exercises must not be progressed onto the next phase unless pain levels are stable or improving

Range of Motion and stretching programmes

Continue as before

Strengthening Programme

- Calf raise on a step
- Mini squats
- Forwards and sideways step ups
- Bridging



Calf raise on a step

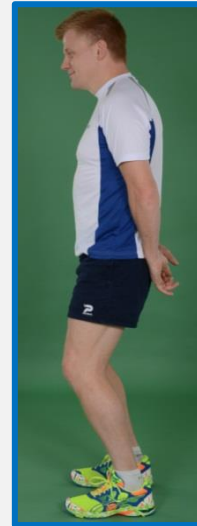
Stand with your feet shoulder width apart on edge of step. Raise up on to your toes, then lower and let heels sink over edge of step, raise up again and repeat.

10-15 reps, 2-3 times a day

Mini squats

Stand with feet hip width apart. Slowly bend knees to about 20 degrees, keeping knees lined up over feet and then straighten up to standing position, and repeat.

10 reps, 3-4 times a day



Bridging

Lie on back with both knees bent. Tighten your quads and hamstrings, squeeze your buttocks together and lift your bottom off the floor. Progress exercise by lifting both hands in the air.

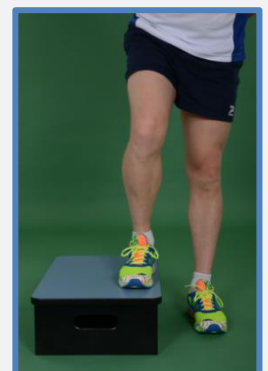
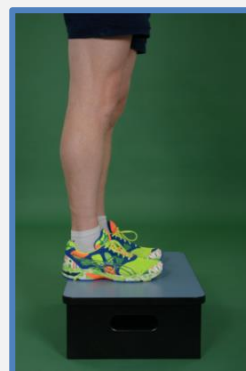
10-15 reps, 2-3 times a day



Forwards and sideways step ups

Lead with the operated leg.

15-20 reps, 2-3 times a day



Proprioceptive/Balance and coordination Programme

- Wobble board (two legs)
- Single leg balance

Wobble board (two legs)

Stand on the wobble board.
Practice balancing and do not let
the sides of the board touch the
floor

3-5 minutes, 1-2 times a day



Single leg balance

Standing on the operated leg, lift the other leg
off the floor and try to balance.

Close 1 or 2 eyes 3 minutes practicing, 2-3
times a day

Variations-

Hold wall with one hand

Fold arms across chest

General Mobility

Static Bike no resistance and
high saddle position

5-10 minutes, 1-2 times a day



The reference list below was used to develop this protocol. If you are interested in learning more these resources may be a good place to begin.

References & Bibliography

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