

POST-OPERATIVE ANTERIOR CRUCIATE LIGAMENT THERMAL SHRINKAGE REGIME
SPORTS INJURY SURGERY, OSWESTRY.

PHASE OF REHABILITATION	IDEAL CRITERIA	REHABILITATION GUIDE	GOALS
<p>PHASE 1 From Day 1</p>		<ul style="list-style-type: none"> • Cryocuff/ Ice. • Patella mobilisations. • EOR E mobilisations • Hamstring (H) and calf stretches. • Ankle exercises. • Passive F over edge of bed. • Static quadriceps (Q). • Co-contraction Q and H. • Avoid 'heavy' eccentric Q, which may overload the harvest site. • Prone H, con/ecc/isomet. • Prone SLR. • PWB with elbow crutches to comfort for 48 hours • Cricket splint insitu for 48 hours whilst mobilising. • Mini squats. • Heel raises. • Weight transferring. 	<ol style="list-style-type: none"> 1. Reduce inflammation. 2. Gain full terminal E 3. Promote distal circulation. 4. Gradually regain ROM. 5. Introduce early Q/H work. 6. Promote early mobility.

PHASE OF REHABILITATION	IDEAL CRITERIA	REHABILITATION GUIDE	GOALS
<p>PHASE 2 From Day 2</p>	<ul style="list-style-type: none"> • Full active and passive E. • Mobilise independently +/- aids. 	<ul style="list-style-type: none"> • Static bike no/low resis. as tolerated. • Gradually increase weight bearing. • Gait re-education (wean off splint and elbow crutches). • Low step-touch → step up. • Active OKC Q 90°-45°. • Progress H work re: Reps/Resis, as able. • Other muscle groups not to be neglected. 	<ol style="list-style-type: none"> 1. Promote early function. 2. Increase ROM. 3. Encourage weight bearing. 4. Improve muscular strength/endurance and control.
<p>PHASE 3 From Day 10</p>	<ul style="list-style-type: none"> • Minimal discomfort. • SLR with no lag. • AROM = Full E – 100° 	<ul style="list-style-type: none"> • FWB. • Gait with predictable changes in direction. • Prone auto-overpress F → develop Q stretch • Step ups (for/back/sideways) → height/reps/resis/speed. • Leg press → reps/resis/speed. • Early plyometrics. • Rowing → dist/speed/resis. • Progress proprioception → wobble boards/sit-fit/trampoline/crash mats/etc. • Gym ball, Theraband work • Hydrotherapy/swimming (AVOID breaststroke legs until 2 month stage) • Progress general leg exercises VMO, ab/adduction, gluteals, etc. • Upper body. • Muscle balance as appropriate. • Flexibility as appropriate. 	<ol style="list-style-type: none"> 1. Progress functional activities. 2. Prevent anterior knee pain. 3. Prevent scar adherence. 4. Prevent joint stiffness 5. Restore normal gait pattern. 6. Promote appropriate muscle strength/power and endurance. 7. Improve proprioception. 8. Maintain cardiovascular fitness. 9. Encourage patient compliance.

PHASE OF REHABILITATION	IDEAL CRITERIA	REHABILITATION GUIDE	GOALS
<p>PHASE 4 From Week 3</p>	<ul style="list-style-type: none"> • 'Normal' gait pattern, pain free. • Full ROM. • 1 leg balance ~1 min. 	<ul style="list-style-type: none"> • Progress above as able. • Trampette jogging. • 'Power' walking →duration/incline/decline/cadence. • Isokinetic H. 	<ol style="list-style-type: none"> 1. Continue to promote specific function. 2. Increase muscle work and control through range. 3. Isomet. Q strength = 75-85%.
<p>PHASE 5 From Month 2</p>	<ul style="list-style-type: none"> • 30 min. 'Power' walk. • Row 2000m within 15 min., mod resis. • H ~90% of contra-lateral side. • Adequate dynamic proprioception. 	<ul style="list-style-type: none"> • Isokinetic Q. • OKC Q →reps/resis/speed/con/ecc/isomet. • Plyometrics, drops from 6-18"/ bounding, etc. • Hopping →stride/direction/stops/speed. • Jogging →Running Surface/distance • Progress to incorporate: Agility, run/ sprint/cut/pivot/ accelerate/ decelerate. 	<ol style="list-style-type: none"> 1. Bias to specific function/sport.
<p>PHASE 6 From Month 2.5</p>	<ul style="list-style-type: none"> • Dependent on sport. • 80-90% isomet. and isokin. Q strength of contra-lateral side. • Proprioception ~90% contra-lateral side. 	<ul style="list-style-type: none"> • Non-contact training. • Non-contact sport. 	<ol style="list-style-type: none"> 1. Prepare physical and psychological ability for complete return to unrestricted function.
<p>PHASE 7 From Month 3</p>	<ul style="list-style-type: none"> • Symptom free training. • No residual complications. • Psychologically prepared. 	<ul style="list-style-type: none"> • Earliest return to contact sport. 	<ol style="list-style-type: none"> 1. Unrestricted confident function.

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