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1st Stage Revision ACL Reconstruction with Bone Grafting

PHASE 1 – Graft Protection: 0-1 weeks (TTWB, Full AROM)

- Toe-Touch Weightbearing with crutches (for 1 week)
- Full Active/Passive ROM
- SLR, Heel Slides, Quad Sets, Calf Pumps
Patellar Mobilization

PHASE 2 – Functional Recovery: 1-6 week+ (WBAT, Full AROM)

- Full Weight Bearing
- Progress with ROM until full
- Wall sits, Lunges, Balance Exercises
Closed Chain Quad Strengthening
- Modalities PRN