

# ACL PROTOCOL

Patient Name: \_\_\_\_\_ Sx date: \_\_\_/\_\_\_/\_\_\_

## Phase 1: 0- 2 weeks: (Goals: ↓ edema, ↑ ROM to 90°, ↑ HS strength, ↑ VMO)

\*Pt to wear knee immobilizer at all times except for ex's for the first 2 weeks.

- Isometric HS 30, 45 and 60 ° flexion  QS
- ABD/ADD and hip extension with leg straight 3x20  SLR supine (no lag) 3x20
- Active knee flexion in standing (10 to 90 degrees) 3x20  Patella mobs
- CP/ES for pain control and edema

## Phase 1: 2- 4 weeks: (Goals: ↑ ROM to 120°, full extension, ↑ strength, ↑ gait, ↓ swelling)

\*Pt to progressively bear weight unless told not to by therapist or MD.

\*A specific ACL brace will be given to pt set at 10 degrees to full flexion.

- AAROM knee extension from 90 to 40 degrees (can add weights after 2<sup>nd</sup> week)
- 4 way hip ex's in standing 3x20  Begin bicycling (no resistance)
- ¼ squats and TKE's  Continue previous ex's
- step ups starting at 6 inches and increasing to 12 inches as tolerated.
- Calf raises while standing with knees straight. 3x20  Scar massage
- Seated HS curl  Pool walking/jogging
- Elliptical 15-20/day

## Phase 1: 4- 6 weeks: (Goals: ↑ ROM to 125°, ↑ quad strength)

\* Gradually discard crutches unless meniscal repair was also performed.

\* Continue all previous ex's and patellar mobs. Continue step-ups and knee bends.

\*Continue with passive full extension out of the brace.

\*Continue active knee extension 90 to 40 degrees only

- Progress to unilateral (one legged) knee bends.  Incline leg machine (0-70°)
- Begin proprioceptive training with balance board  Leg curl machine
- Bike (↑ resistance) and elliptical or stairmaster  Wall slides if needed

## Phase 2: 6 - 12 weeks: (Goals: ↑ ROM to 135°, ↑ quad strength)

\* Reminder that actual graft strength is weakest from weeks 6-12, so use caution.

\* Avoid any rotational or tuning, twisting or jumping activities.

\* Continue to progress all ex's, still limiting terminal knee extension to 40 degrees until the 12<sup>th</sup> week.

- Isometric quads (50, 70 & 90°)  Continue prior ex's
- Step ups – fwd and lat  Treadmill flat only
- Start lunges

## Phase 3: 12- 20 weeks:

\* A functional sports brace will be prescribed for all agility ex's, jumping and twisting activities.

Terminal extension ex's may be done through full ROM against progressive resistance.  Do not lift heavy weights if patella becomes painful.

Swimming and jumping rope may begin.

Light jogging may begin if strength is adequate. Progressing to running over next 2 months.

Lateral shuffles, cariocas and agility drills may be done with brace. Progress from ¼ speed to full speed over next 2 months.

## Phase 4: 24- 36 weeks:

May progress to practicing the skills of sport if strength is sufficient (80% or better)

Continue LE strengthening

Custom brace should be worn during all sports activities.

Brace needs to be worn until at least 18 months after surgery