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ACL Rehabilitation Protocol

Thomas P. Burns. MD

WEEKS 1-2

Swelling control
Quad sets, SLR, hamstrings
Range of motion (Emphasize full extension)
Modalities prn
Patellar mobilization
Crutches until able to ambulate in brace
Full weight-bearing unless noted otherwise
Out of post-op brace when pt. can perform independent SLR and flex knee to 90 degrees
Stress importance of home exercises

WEEKS 3-6

Continue range of motion. Should be at or near full extension
Stationary bike, elliptical as tolerated
Progressive closed chain strengthening
 -Single leg dips, Total gym, plyotoss, etc.
 -Other therapist demonstrated closed chain exercises permitted and encouraged
Should be out of brace and off crutches

WEEKS 6-12

Should be near or at full range of motion
Continued progressive strengthening
Treadmill or straight-line running when good quad control achieved

MONTHS 3-5

Begin controlled pivoting activities in functional brace
 -Figure eights, slide board, etc.
Start and stop drills
Incorporate pivoting drills into sport-specific activity
 -Soccer dribbling, tennis shuffles, line drills, etc.