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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.