

ACL Rehabilitation Protocol

Revised 2/2/17

Week 1

Brace locked in extension during ambulation & sleeping, may remove for wound care only
Begin AROM/AAROM including prone leg hangs for extension & sitting leg dangling for flexion
WBAT with 2 crutches (wean off crutches after 7 days)
Exercises: Quad sets, Co-contractions, Gluteal sets, Ankle pumps, Straight-leg raises, Heel/wall slides,
Patellar mobilization
3 sets to 10 BID-TID

ADL's

Ace wrap & elevation for swelling
Ice as much as possible for 48-72 hours then as needed for pain & swelling
No resistive open-chain exercises

Week 2

Continue brace as above, may remove to shower & for ROM exercises, may unlock for sitting
Exercises- continue above

Upon pain free feel slides to 90°; begin light gauge (yellow) Theraband heel slides
NWB calf/ hamstring stretches
May start light quarter squats, toe raises, hip exercises

Functional Activities

When pain free flexion to 110° low resistance/ high seat stationary cycling
Stairmaster

Continue ace & ice PRN after exercises as needed throughout program
No resistive open-chain exercises

Week 3 & 4

Continue brace, may unlock brace at night

Exercises-continue above

Progress to WB calf/ hamstring stretches
May add light weights to SLR & squats

Functional activities

Bicycling, stairmaster, toe/heel walk, BAPS board, Single leg standing (eyes open & shut)
No resistive open-chain exercises

Week 5-8

Continue brace, may unlock at week 6 for full ROM during ambulation, discontinue at night

Exercises

Continue as before, add weight

Continue closed chain quad exercises

Weighted leg curls

At 6 weeks may start resistive knee flexion exercises if hamstring graft

Functional activities

Sliding board

Increased resistance on bicycle, cross-country skiing machine

No resistive open-chain exercises

Week 9-12

****No Running****

Discontinue brace week 10

Exercises

Continue as before, add weight

Continue closed chain quad exercises

Functional activities

Cycling without toe clips

Elliptical

Power walking

No resistive open-chain exercises

Week 13-16

Exercises

Continue as before, add weight

Functional activities

Progress to slow jogging on level surface at **week 16**

If jogging 2 miles without pain or limp, increase speed to sprint

Hopping

No resistive open-chain exercises

Week 17-24

Exercises

Progress to two legged exercise as involved vs uninvolved differences decrease

Functional activities

Agility drills

Sports specific skills

Full participation when:

Involved vs uninvolved difference is <20 % and able to complete sport specific skills

No open- chain exercises

If meniscal repair, follow ACL protocol except:

Brace locked in full extension while weight bearing for 6 weeks

NWB squats for 6 weeks