

ACL Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Edema and pain control ● Normal gait mechanics ● PROM: 0 → 90° ● Eliminate effusion 	<p>50% WB with crutches</p> <p>Hinged brace locked in extension for ambulation</p> <p>May unlock 0-90 for sitting</p> <p>Pillow under heel to maintain full extension</p>	<ul style="list-style-type: none"> ● Avoid open chain extension ● Begin PROM 0 – 90 deg immediately ● Patellar mobilization all directions <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Flexion: heel slides to 90 ● Extension: heel prop, prone hang ● Long sitting HS stretch ● Quad sets, glut sets ● SLR x4 with assist until no lag ● Standing TKEs ● Ankle pumps ● Calf raises on leg press ● Gait training on flat TM
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● No effusion ● Increase ROM ● Normalize gait 	<p><u>2-4 weeks</u>: 50% in brace unlocked 0-90</p> <p><u>4-6 weeks</u>: full WB brace fully unlocked</p>	<ul style="list-style-type: none"> ● Begin full A/ PROM as tolerated with therapy <p>Modalities:</p> <ul style="list-style-type: none"> ● Scar STM when incision healed ● Patellar mobs all directions ● Gentle prone quad stretch/knee flex ● Manual assist extension/passive stretch ● HS STM for extension assist 	<ul style="list-style-type: none"> ● Low resistance bike for ROM ● Heel slides/wall slides/seated assist flexion ● Lateral band stepping after 4 weeks ● LE stretching: HS, quads, ITB, piriformis (pain free) ● Quad sets/glut sets, clams/mini-hydrants/glut pushes ● Calf raises on leg press ● Single leg press ● Standing TKEs ● Gait training- when gait WNL, progress to reverse incline ● SLS- begin flat surface, progress to uneven ● Wobble board/Dyna-disc/Bosu balance



<p>Phase 3 (6-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Full ROM ● Normalize ADLs ● Begin strength 	<p>Wean fully out of brace by week 6</p> <p>Full ROM</p>	<ul style="list-style-type: none"> ● Full A/PROM <p>Manual:</p> <ul style="list-style-type: none"> ● Joint mobs PRN for full flex and ext ROM ● Patellar mobs/ Scar STM with extractor <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Bike, elliptical, stair master with low resistance ● Step ups/lateral step over's- progress to faster pace ● Minimal lunges ● Lateral walks with sport cord ● SLS dynamic surfaces ● No cutting or pivoting ● Hamstring curls ● Mini squats ● Planks ● Continue glute/quad/core
<p>Phase 4 (3-9 months)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Jogging without pain/swelling ● SL jump w/o difficulty 	<p>Fit for ACL brace if returning to sport</p>	<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● Continue everything in phase 3 ● Walk/jog progression ● Advanced closed chain exercises ● Jogging patterns at 50-75% speed ● 4 months: begin jumping, progress running ● 5 months: advance to sprint, backward running, incorporate cutting/change of direction, plyo program ● Muscular power – squads, split jumps, sled drags
<p>Phase 5 (9+ months)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Sport-specific training without pain or swelling ● Functional Knee Test 		<ul style="list-style-type: none"> ● Continue Full A/PROM ● Modalities PRN 	<ul style="list-style-type: none"> ● Figure 8 running patterns/running progression ● Ladder/footwork drills ● Gym-program activities ● Sport-related strengthening Gym-program activities ● Full return to activities