

ACL (BONE-TENDON-BONE) REHAB PROTOCOL

Dr. Troy Berg

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B

Altoona, WI 54720

Chippewa Falls, WI 54729

Patient_____

DOS_____

	WEEK 0 Begins DOS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7+	POST-OP	
WEIGHT BEARING	0 – 25%	25 – 50%	25 – 75%	100% D/C assistive device with non-antalgic gait or per MD instruction. WB can be generally advanced on a continuum, with non-antalgic gait.						MONTH 2-3 PT visits= 3-1 per week Continue with all exercises for strength, endurance, and proprioception.
BRACE SETTINGS	0/0	0/60	0/90	Full D/C Brace per MD instruction						MONTH 4-5 PT 1xmonth Begin progressive running program Rollerblading Plyometrics
	Keep brace 0/0 if quadriceps contraction is poor									
PROM Goals	0-60	0-90	0-100	Full - based on pain						Month 6 Return to play With sports brace Quad and Ham strength must be 90 % Pass functional tests.
AROM Goals	NONE	0-60	0-90	0-120	Full					
PT visits/wk	1-2	2-3	2-3	2-3	2-3	2-3	2-3	2-3		
SHOWER	No	Yes		Sleep w/o brace or per MD						
EXERCISES Follow all ROM & weight bearing guidelines for all ex	QUAD SETS	QUAD SETS	QUAD SETS	Knee extension 90-40° if pain-free						
	SLR's w/brace	SLR's w/brace	SLR's no brace							
				PATELLAR MOBS: All Directions, emphasize sup/inf to reduce anterior knee soreness/thickening						
				MULTI-HIP ISOTONICS						
				HAM CURLS ACT or A/Assist	HAM CURLS isotonic/2 legs					
				BAPS						
				Bike, as ROM allows						
				TOTAL GYM partial squats per WB & ROM guidelines						
				CLOSED KINETIC CHAIN EX per WB & ROM guidelines						
				HEEL RAISES & SOLEUS						
				LEG PRESS (double leg.....progress to single leg)						
				TREADMILL WALKING						
				DYNAMIC BALANCE EX						
				NORTHWOODS THERAPY ASSOCIATES						
								RESISTED AMBULATION	Advance Open/closed Chain activity	
							STAIRMASTER			
							Elliptical	SWIMMING		
			Reviewed September 2015							

NOTE:

*PT visits/wk may vary
*individual ex progression may vary
*FOLLOW MD's INSTRUCTIONS

AVOID DEEP SQUATS & KNEELING FOR 4-5 MONTHS

ANY QUESTIONS? PLEASE CONTACT:

Altoona, WI Chippewa Falls, WI
715-839-9266 715-723-5060

