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ACL REHAB PROTOCOL

Patient_____

DOS_____

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	After week 8, please refer to the Advanced ACL Rehab Protocol.	
	Begins DOS									
WEIGHT BEARING	0%	5%	5%	25%- 50%	50%-75%	75%-100%	100%	D/C crutches		
BRACE SETTINGS	0/0 OR 10/10 Based on OR fit	0/0	0/30	0/60	0/90	0/120	0/120	D/C brace		
PROM Goals	0-90	0-90	0-100	0-120	0-140	FULL	FULL	FULL		
AROM Goals Via Heelslide	NONE	0-40	0-75	0-90	0-120	0-140	FULL	FULL		
PT visits/wk	NONE	2-3	2-3	2-3	2-3	2-3	2-3	2-3		
SHOWER	NO	WITH BRACE	W/O BRACE			Sleep w/o brace per MD				
Avoid Deep Squats and Kneeling for 4-5 months. No squatting deeper than 90° after meniscus repair.	Quad Sets with EMG or NMES		Quad Sets							
	SLR's w/brace	SLR's w/brace	SLR's no brace, progressive resistance as tolerated							
	NOTE:	Patellar Mobs								
		Multi-hip Isotonics-sidelying and prone, progressing to standing and machines.								
	*PT visits/wk may vary *Individual ex progression may vary	Ham Curls ACT or A/Assist		Ham Curls isotonic/2 legs						
		Closed Kinetic Chain Exercises TKE with over-ball press, tubing, mini-squats (0-30)								
		Hamstring Stretch		Heel Raises						Total Gym partial squats per WB & ROM guidelines
	*Fast and slow healers will need modifications. Please refer to MD. Refrain from forceful pushing for ROM.	Contact Dr. Berg if knee is stiff, may start riding bike early.					Bike			
		BAPS								
		Leg press (double leg.....progress to single leg)								
						Treadmill Walking		Dynamic Balance Exercises Double leg to single leg		
Any Questions? Please contact: NORTHWOODS THERAPY ASSOCIATES						Resisted Ambulation		Advance Open/closed Chain activity		
Altoona, WI 715-839-9266		Chippewa Falls, WI 715-723-5060				Stairmaster		Swimming		
						Elliptical		Light agility at walking speed.		
Reviewed October 2014										