

Advanced ACL Rehab Protocol

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Patient _____
 DOS _____

WEEKS 9-12	WEEKS 13-16	WEEKS 17-20	WEEK 21-24	WEEK 24+
<p>Requirements to advance: Full ROM Minimal pain with activity that reduces with rest and ice Grade 1/5 swelling that reduces with ice and rest</p> <p>Double leg squats, ¼, ½, ¾</p> <p>Single leg-leg press</p> <p>Single leg hamstring curls</p> <p>Single leg stance -carpet -Airex -1/2 foam roller</p> <p>Vectors</p> <p>Single leg knee bend in 30°-60° range</p> <p>Treadmill walking</p> <p>Week 12 Functional Test</p>	<p>With appropriate passing of week 12 testing, advance to:</p> <p>Single leg knee bends 30°-60° range and progress to tubing</p> <p>Double leg chair squats, 90° max</p> <p>Balance and Reach</p> <p>Continue single leg stance progression, vary surfaces</p> <p>Walking to 25% speed</p> <p>Agility: Low skip Shuffle Grapevine Backpedal</p> <p>Week 16 Functional Test If passed, physician to prescribe functional brace.</p>	<p>With appropriate passing of week 16 testing, advance to:</p> <p>**Must be braced to advance**</p> <p>Supported hopping in place</p> <p>Unsupported hopping in place</p> <p>Square hopping</p> <p>Double leg hop forward</p> <p>Advance double leg hop to increasing amount of WB through surgical leg</p> <p>Single leg partial squat</p> <p>25-50% speed agility</p> <p>Walk/Jog program</p> <p>Week 20 Functional Test.</p>	<p>With appropriate passing of week 20 testing, advance to:</p> <p>Double leg hopping for distance</p> <p>Diagonal hop</p> <p>Cone hopping</p> <p>Ladder drills</p> <p>Figure 8</p> <p>Change direction/start/stop</p> <p>Vertical jump with wall tap</p> <p>Single leg hop</p> <p>Single leg triple hop</p> <p>Box jumps, start at 2 inches, 8-10 inch max</p> <p>Finish Walk/Jog program and initiate run program if able</p> <p>Week 24 Functional Test</p>	<p>Must pass Week 24 Functional test to advance.</p> <p>Formal jump evaluation</p> <p>Run program</p> <p>Start drills/skills specific to sport or work</p> <p>4-6 weeks of practice before return to unrestricted work or competitive sport.</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <p>Reviewed April 2014</p>				