Dr. John Drawbert   ACL Rehab Protocol   Patient_____

Chippewa Valley Orthopedics & Sports Medicine   D.O.S._____

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Altoona, WI 54720   Chippewa Falls, WI 54729

	WEEK 1 Begins DOS	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
WEIGHT BEARING	5%	25%	50%	75%	100% 2 crutches	100% d/c crutches		
BRACE SETTINGS	10/10	10/10	20/90	10/90	0/100	0/110	0/120	D/C brace
PROM Goals	0-90 with brace	0-100 without brace	0-120	0-130	0-140	FULL	FULL	FULL
AROM Goals	NONE	30-90	20-110	10-FULL	10-FULL	FULL	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			

EXERCISES

Any Questions?

Please contact:
Northwoods Therapy Associates

Altoona, WI
(715)839-9266

Chippewa Falls, WI
(715)723-5060

April 2015

Week 1	Week 2	Week 3	Weeks 4+
QUAD SETS	QUAD SETS with EMG or NMES	QUAD SETS with EMG or NMES	
SLR's w/brace	SLR's w/brace	SLR's no brace	SLR's with progressive resistance

NOTE:
- Patellar Mobs
- Multi-hip isotonics-sidelying and prone, progress to standing, machines.
- Ham Curls A or A/Assist progress to isotonic/2 legs
- BAPS
- Bike   outdoors-no hills
- Total Gym-partial squats per WB & ROM guidelines
- Hamstring stretch, initiate other flexibility exercises as needed.
- Closed Kinetic Chain Ex per WB & ROM guidelines, TKE, overball, tubing, mini-squats(0-30)
- Heel raises
- Leg Press (double leg progress to single leg)
- Treadmill Walking
- Dynamic Balance Exercise
- Elliptical
- Resisted Ambulation
- Stairmaster   Swimming
- Light agility at walking speed

*PT visits/wk may vary
*Individual ex progression may vary
*Follow MD instructions
*Avoid deep squats and kneeling for 4-6 months

Large Condylar Defect (microfracture): follow protocol EXCEPT non WB through week 6, then 50% week 7, 75% week 8, 100% WB by 9-10.

**After 8 weeks, please refer to the advanced ACL rehab protocol. **