

# ACL REHAB PROTOCOL

Dr. Jose Padilla

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A  
Altoona, WI 54720

757 Lakeland Drive, Suite B  
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 MONTH 2-3	
<b>WEIGHT BEARING</b>	25%	50%	75%	100% D/C assistive device with non-antalgic gait or per MD instruction						PT visits= 3-1 per week Continue with all exercises for strength, endurance, and proprioception.
<b>BRACE SETTINGS</b>	0/0	0/100	0/120	Full D/C Brace per MD instruction Keep brace 0/0 if quadriceps contraction is poor						
<b>PROM Goals</b>	0-90	0-110	0-120	Full						<b>MONTH 4-5</b> PT 1xmonth Begin progressive running program Rollerblading Plyometrics
<b>AROM Goals</b>	NONE	0-60	0-90	0-120	Full					
<b>PT visits/wk</b>	1-2	2-3	2-3	2-3	2-3	2-3	2-3	2-3		
<b>SHOWER</b>	No	Yes		Sleep w/o brace or per MD						
<b>EXERCISES</b> Follow all ROM & weight bearing guidelines for all ex	QUAD SETS	QUAD SETS	QUAD SETS	Knee extension 90-40° if pain-free						<b>Month 6</b> Return to play With sports brace Quad and Ham strength must be 90 % Pass functional tests.
	SLR's w/brace	SLR's w/brace	SLR's no brace							
	PATELLAR MOBS									
	MULTI-HIP ISOTONICS									
	<b>NOTE:</b> *PT visits/wk may vary *individual ex progression may vary *FOLLOW MD's INSTRUCTIONS			HAM CURLS	HAM CURLS					
				ACT or A/Assist	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						
	<b>AVOID DEEP SQUATS &amp; KNEELING FOR 4-5 MONTHS</b>			LEG PRESS (double leg.....progress to single leg)						
				TREADMILL WALKING						
	<b>ANY QUESTIONS? PLEASE CONTACT:</b>			DYNAMIC BALANCE EX						
<b>NORTHWOODS THERAPY ASSOCIATES</b>							RESISTED AMBULATION	Advance Open/closed Chain activity		
Altoona, WI 715-839-9266      Chippewa Falls, WI 715-723-5060							STAIRMASTER			
							Elliptical	SWIMMING		
Reviewed January 2018										