



ACL REHABILITATION PROTOCOLS
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POSTOP WEEKS 0-2

- Brace * As per doctors orders
- ROM * 1) Increase as tolerated, 2) Passive EXT, 3) Passive FLEX, 4) +/- CPM
- Patellar MOB * Begin (3 times day x 50)
- WB/Crtuches * Increase as tolerated to FWB
- Modalities * 1) Ice, EGS, 2) Biofeedback for QS and CoCn
- PROM * Increase as tolerated
- AAROM * 1) 90-30 degrees as tolerated, 2) 30-0 degrees assistive
- Flexibility * 1) Hamstrings, 2) Calf
- Cycling * Contralateral fitron/airdyne
- Isometrics * Concontractional with biofeedback
- Closed Chain * Sitting Pogo
- PRE * 1) Calf exercises, 2) MAH, ABD., ADD., Hip Flexion, Hip Ext., 3) Shuttle
- Isokinetics * -----

POSTOP WEEKS 2-4

- BRACE * As per doctors orders
- ROM * Increase as tolerated
- Patellar MOB * Begin (3 times a day x 50)
- WB/Crutches * Increase as tolerated to FWB
- Modalities * 1) Ice, EGS, 2) Biofeedback for QS & CoCn
- PROM * Increase as tolerated
- AAROM * 1) 90-30 degrees as tolerated, 2) 30-0 degrees assistive
- Flexibility * 1) Hamstrings, 2) Calf
- Cycling * Bilateral when ROM > 110 degrees
- Isometrics * Concontractional with biofeedback
- Closed Chain * 1) Sitting pogo, 2) When FWB, stairclimber, 3) Lat stepups, 4) Standing pogo, 5) Shuttle 2000
- PRE * 1) Calf exercises, 2) Mah, ABD., ADD., Hip flexion, Hip Ext., 3) Shuttle 2000
- Isokinetics * -----

POSTOP WEEKS 4-6

BRACE	* Breakdown 4 weeks d/c 6 weeks
ROM	* Full flexion/extension
Patellar MOB	* Continue as needed
WB/Crutches	* Full weight bearing
Modalities	* 1) Ice, EGS, 2) MENS if problem with motion
PROM	* Full
AAROM	* 1) 90-30 degrees as tolerated, 2) 30-0 degrees assistive
Flexibility	* 1) Hamstrings, 2) Calf
Cycling	* 1) Bilateral-no limits, 2) Unilateral (affected) Cybex isometrics with biofeedback
Isometrics	* Contractional with biofeedback
Closed Chain	* 1) Stairclimber-progressive, 2) Lateral stepups- progressive, 3) Shuttle 2000 progressive
PRE	* 1) Calf exercises, 2) MAH, ABD., ADD., Hip flexion., Hip Ext., 3) Shuttle 2000
Isokinetics	* 1) 4 weeks Cybex isometrics, 2) 6 weeks 90-40 degrees isokinetic

POSTOP WEEKS 6-8

BRACE	* None
ROM	* Full
Patellar MOB	* -----
WB/Crutches	* Full
Modalities	* 1) Continue EGS, 2) Continue feedback
PROM	* Full
AAROM	* -----
Flexibility	* -----
Cycling	* -----
Isometrics	* Continue ISOS with biofeedback
Closed Chain	* -----
PRE	* 1) Continue bike S.C., MAH, HC, 2) Continue shuttle 2000, 3) Begin 1/4 squats with theraband, 4) Continue pogo (standing)
Isokinetics	* Cybex 90-3- degree spectrum 75/100%

POSTOP WEEKS 8-12

BRACE	* None
ROM	* Full
Patellar MOB	* -----
WB/Crutches	* Full
Modalities	* 1) Continue EGS, 2) Continue feedback
PROM	* Full
AAROM	* -----
Flexibility	* -----
Cycling	* -----
Isometrics	* Continue ISOS d/c biofeedback
Closed Chain	* -----
PRE	* 1) Continue bike S.C., MAH. HC, 2) Continue shuttle 2000, 3) Begin 1/4 squats with theraband, 4) Continue pogo (standing)
Isokinetics	* Cybex 90-3- degrees 100%

POSTOP WEEKS 12-16

BRACE	* ACL brace within ½ girth
ROM	* Full
Patellar MOB	* -----
WB/Crutches	* Full
Modalities	* 1) Continue EGS, 2) Continue feedback
PROM	* Full
AAROM	* -----
Flexibility	* -----
Cycling	* -----
Isometrics	* Continue ISOS d/c biofeedback
Closed Chain	* -----
PRE	* 1) Continue bike S.C., MAH, HC, 2) Continue shuttle 2000, 3) Begin 1/4 squats with theraband, 4) Continue pogo (standing)
Isokinetics	* 1) Cybex 90-30 degrees 100%, 2) 16 wks with Dr. clearance begin full range, 3) Test 16 weeks