

ACL Reconstruction Rehab Protocol
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0-3 days

CPM 0-90 degrees ROM goal
Active ROM for terminal extension
FWB with crutches and hinged knee brace
Quad sets 100+
straight leg raises 100+

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3-10 days

ROM 0-100 degrees goal, terminal extension
Hip exercises,
adduction and abduction
flexion and extension
Isometric hamstring exercises
calf raises and set-ups
Stairmaster
Quad sets and SLR's
wall slides and heel slides
active assisted flexion
Pillow squeezes
Ankle pumps
Home CPM

10 days - 4 weeks

ROM 0-120 goal
Toe raises
Patellar mobilizations
Prone hangs 4 x day (if needed)
Standing leg curls
Quad sets and SLR's
Hip exercises
Co-contractions of quads and hamstrings
Active knee flexion
quarter squats and squats
calf raises
leg press
Stationary bicycle (half revolutions if full ROM is not achieved)
Swimming
Brace off per MD

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