ACL Protocol
(ACCELERATED)

Phase I - Pre-op:
• Set & explain goals
• Time frame-explain protocol
• Discuss physician, PT, 7 patient expectations
• Insurance

Phase II
Day 1-7 (home exercises):
• Average 0-94 degrees
• Main goal is to decrease swelling
• Gait: Crutch training, toe-touch-weight bearing (TTWB) - less than 50% of weight bearing
• Modalities: ICE
• Pain meds: especially the 1st 4 days
• Exercises:
  o Ankle pumps
  o Seated: full knee extension with ice x 20 mins
  o Remove brace seated closed chain knee flexion x 40 mins
• DO THIS EVERY WAKING HOUR
• NO RECLINER!!!

Phase III
Day 8-15:
• Assume the "Position" (prone with knee off the table x 10
• Seated table hangs x 10 mins (opposite leg gentle pushing back into flexion ~ 100 degrees)
• Ankle pumps
• Bike (ROM) if at 100 degrees flex x 10-15 mins
• Heel slides
• Cyr/Stim PRN
• Home exercise: WB status 50-75%, seated ext with ice, & flex every hour as above

Day 15-22:
• Assume the "position" ROM ~ 120 degrees flex at this point
• Bike 15-20 mins. (need 100 degrees for full revolution)
• Heel slides
• Seated hamstring curls-5# x 100 reps or use theraband
• Leg press (low/no resistance) with ball b/w knees x 100 reps
• Balance training (week 3) unlock brace from 0-10 degrees SLS-holding bar
• ICE/STIM
• Note: No more than 3 chances in 1 day
ACL Protocols – Accelerated

Day 22-30:
- Assume the "position"
- Weight shifting - Clock - 6" apart. Progress by adding a lunge/step
- Leg press 7-10# x 100 reps
- Curls 100 reps
- Elliptical

Phase IV
Week 4-8:
- Start HS stretch, hip flexion stretch, hip rotator stretch
- "position"
- Cardio x 30 mins - by end of week 8 = 1 hour of cardio
- Multi hip resisted ex.
- Balance with weight shifting – lunges with dumbbells

NO CHANGES/ADDITIONS ends of week 5-7 (2 weeks). This is the time the graft is most likely to fail! Patient will get frustrated but explain why conservative.

Phase V
Week 9-12:
** Patient may be frustrated with conservative treatment***
- No brace
- Sports cord
- Core stability activities
- Slide board

Phase VI
Week 13-16:
***May start dealing with insurance problems***
- Elliptical
- Treadmill 3-4.5 mph

Phase VII
Week 16-20:
- Complete function