



## Accelerated ACL Rehabilitation Protocol

<u>Time Post Reconstruction</u>	<u>Rehab Components</u>
Day 1	*CPM progressing to 90 degrees Flexion *WBAT with crutches in ROM brace locked in full extension, full ROM at all other times
Day 2-3	*Home CPM progressing to 90 degrees *Emphasize full extension (towel roll under heels) *Patella mobilization exercises
Day 3-14	*ROM 0-90, prone hangs, towel extension, wall slides, heel slides, AAROM flex, PWB to FWB strengthening, knee bends step-ups, calf raises
Weeks 2-6	*ROM 0-110, unilateral knee bends, step-ups, calf raises, stair-master, weight room activities: quarter squats, calf raises, stationary cycling, swimming, continue brace wear at all times except sleep. May unlock brace for walking when gain full quad strength and control
Weeks 6 – 10	*ROM 0-120, advance light jogging, run on treadmill When no swelling or pain with above. Begin functional brace wear.
Weeks 10 – 16	*ROM 0-130, if 70% strength regained, begin shuffles, cariocas, light jogging, jump rope, agility drills.
Week 16	*Full ROM, increase agility workouts and sports specific activities. Continue strengthening
Month 6	*Full ROM, increase agility workouts and sports specific workouts. Return to full activity if: <ol style="list-style-type: none"> <li>1) Strength 95% of unaffected side</li> <li>2) Single leg hop within 6 inches</li> <li>3) Supine single squats 95% of unaffected</li> <li>4) Run, cut, jump without limp</li> <li>5) Mentally ready for return to sports</li> <li>6) Okay'd for return by Dr. Smitherman</li> </ol>

**Visit our on-line clinic at [www.GreatBones.com](http://www.GreatBones.com) or contact the office by telephone at (806) 797-4985**