



Conservative 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, knee bends with 2 leg calf raises begin Stationary cycling, unlock ROM brace when walking if good quad control
Weeks 6-10	*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.
Weeks 10-16	*ROM 0-120, advance light jogging, run on treadmill When no swelling or pain with above. Begin functional brace wear.
Months 4-6	*ROM 0-130, if 70% strength regained, begin shuffles, cariocas, light jogging, jump rope, agility drills.
Month 6-8	*Full ROM, increase agility workouts and sports specific workouts. Return to full activity if: <ol style="list-style-type: none">1) Strength 95% of unaffected side2) Single leg hop within 6 inches3) Supine single squats 95% of unaffected4) Run, cut, jump without limp5) Mentally ready for return to sports6) Okay'd for return by Dr. Smitherman

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