

## Rehab Protocols

### Rehabilitation Protocol Summary for Accelerated ACL Reconstruction

	Postoperative Weeks					Postoperative Months			
	1-2	3-4	5-6	7-8	9-12	4	5	6	7-12
<b>Brace:</b> postoperative & functional	X	X							
<b>Range of motion minimum goals:</b>									
0-110°	X								
0-120°		X							
0-135°			X						
<b>Weight bearing:</b>									
Toe touch - 1/4 body weight									
1/2 body weight	X								
Full									
<b>Patella mobilization</b>	X	X	X						
<b>Modalities:</b>									
Electrical muscle stimulation (EMS)	X	X							
Pain/edema management (cryotherapy)	X	X	X	X	X	X	X	X	X
<b>Stretching:</b>									
hamstring, gastroc-soleus, iliotibial band, quadriceps	X	X	X	X	X	X	X	X	X
<b>Strengthening:</b>									
Quad isometrics, straight leg raises, active knee extension	X	X	X	X					
Closed-chain (gait retraining, toe raises, wall sits, mini-squats)	X	X	X	X	X	X	X	X	X
Knee flexion hamstring curls (90°)			X	X	X	X	X	X	X
Knee extension quads (90-30°)			X	X	X	X	X	X	X
Hip abduction-adduction, multi-hip			X	X	X	X	X	X	X
Leg press (70-10°)									
<b>Balance/proprioceptive training:</b>									
weight-shifting, mini-trampoline, BAPS, KAT, plyometrics	X	X	X	X	X	X	X	X	X
<b>Conditioning:</b>									
UBE	X	X	X						
Bike (stationary)		X	X	X	X	X	X	X	X
Aquatic program			X	X	X	X	X	X	X
Swimming (kicking)				X	X	X	X	X	X
Walking				X	X	X	X	X	X
Stair climbing machine				X	X	X	X	X	X
Ski machine				X	X	X	X	X	X

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<b>Running:</b> straight	X	X	X	X
<b>Cutting:</b> lateral carioca, figure 8's		X	X	X
<b>Full sports</b>			X	X

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