

## ACL Protocol

*Note: This is for soft tissue (hamstrings) AUTOGRAF...BTB auto may WBAT immediately and will use CPM...with recent focus on a more anatomic position of the tunnel positions, there are increased concerns that accelerated rehab may place the graft at increased risks, not experienced by more "traditional" graft positioning techniques*

### 0 - 2 WEEKS

**PWB TO 2 WEEKS, WBAT FOR BTB AUTO**

**HOME CPM FOR BTB AUTO**

- Ice 15 - 30 minutes/hour
  - Brace WBAT in extension, may drop lock for sitting
  - Supine and prone sustained extension stretching
  - Soft tissue patella and scar mobs
  - Supine wall slide
  - Seated hamstrings (carped drags), prone hamstring curls
  - Stationary bicycle for ROM, no resistance
  - Isometric quads
  - 4-way SLR without lag
  - Isometric quads contractions at 0 and 65 deg with and w/o stim
  - Modalities
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### WEEK 2 – 4

- Progress to WBAT, wean to 1 crutch, goal d/c brace @ 4 weeks
- Bilateral mini-squats (0 - 40)
- Bilateral leg press, minimal weight, 0 - 40
- Calf raises
- May unlock brace for ambulation week 4
- d/c brace @ night when extension easily maintained
- step-ups
- walking on heels

**WEEKS 4 – 8**

- Short-arc quads
  - Wall sits
  - Unilateral leg press with eccentrics
  - Lateral steps
  - Profitter/slide board
  - Full arc quads (week 6)
  - Increase resistance on stationary bicycle
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**WEEKS 8 - 12**

- Single leg hops
  - Increased height of step up/downs
  - Bosu step-ups
  - Unilateral mini-squats
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**WEEKS 12 - 16**

- Begin plyometrics, jump landing training
  - Light jogging (4 months)
  - Jumping rope
  - Lunges sideways, forwards, backwards
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**WEEKS 16 - 6 MONTHS**

- Begin cutting, light agility drills
  - Reactive jumping
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**RETURN TO SPORT** - advance to full activity if <10% strength deficit, single leg hop test >80% uninvolved LE...patience and caution with the realistic goal to return to high-intensity cutting sports (soccer, football, hockey, basketball, skiing, etc.) @ 9 - 12 months. Consider bracing for return to sport <12 months