



Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

ACL Non-Operative Rehabilitation Protocol Prescription

Patient Name:

Date:

Diagnosis: *ACL Insufficiency L / R knee*

Number of visits each week: 1 2 3 4

Treatment duration _____ weeks

_____ PRE - OPERATIVE

_____ NON - OPERATIVE

Please advance stages as patient successfully completes each one.

RECOVERY / RECUPERATION PHASE:

- Restore ROM
- Quad isometrics. Quad isotonic in 90° - 30° arc
- PWB - FWB
- Leg lifts with/without weights
- Hip/hamstring PRE's
- Stationary biking
- Closed chain activities: BAPS, half squats, step-ups, leg press, Nordictrack
- Balancing for joint stability
- Patellar mobilization

LIMITED RETURN TO SPORTS PHASE:

- Progress endurance activities
- Begin agility exercises
- Begin running program
- Continue with Stairmaster, Versiclimber, etc.
- Continue with quad isometrics, isotonic, eccentrics - full arc
- Isokinetic test
- Limited return to sports with brace

FULL RETURN TO SPORTS PHASE:

- Begin aggressive functional exercises
- Progress running program
- Continue / progress agility exercises
- Stress activities that demand neuromuscular control over knee and lower extremities
- Plyometrics

ADDITIONAL COMMENTS: _____