



MODERN ORTHOPEDICS

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ACL RECONSTRUCTION PROTOCOL

Name:

Phone #:

DOB:

Dx/ICD-10:

Date of Sx:

Frequency: 1-2 x per Week

Duration: 8-12 Weeks

Weeks 0-2:

- WBAT, d/c crutches when comfortable
- Brace locked at full extension while ambulating and sleeping, otherwise ROM as tolerated
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

Weeks 3-6:

- Continue exercises from weeks 0-2
- D/c brace when patient has no extension lag and quad control enough for stable ambulation
- Focus on regaining full extension; goal ROM 0-125 degrees
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training

Weeks 7-12:

- Advance closed chain strengthening and bike exercises
- Normalize gait pattern
- Progressive squat program
- Initiate step down program
- Leg press and lunges (start initially with bodyweight only)

Months 3-4:

- Begin forward running in straight line (no cutting/pivoting) when 8" step down adequate
- Progress strengthening and flexibility exercises

Months 4-6:

- Start plyometric exercises
- Start sports specific agility program

Signature:

Date:
