



ACL Protocol

Precautions

Brace:

-Locked at 0(-10) and
TTWB x2 week for
ambulation and sleep
-Brace unlocked after first
week/good quad control

Crutches:

-TTWB x1 week
-Wean crutches over week
2-4

ROM:

Full PROM (unless
meniscus repair)

Microfracture:

NWB x5 weeks
Week 5-6 25-50%
Week 6-7 50-75%
Week 8 WBAT

Meniscus Repair:

ROM: 0-30° x4 weeks
(TTWB)
Week 5-6: 60°
(Progress to WBAT)
Week 6-7: 90°
Week 8: Progress to full
PROM

Post-Operative Day 1-5	Dressing Change
	Keep wound dry and covered x7-10 days
	Ambulate with crutches
	Elevate, compression, ankle pumps
PHASE 1 Wk 1-4 <u>Goal:</u> Normalize gait <i>Promote Tissue Healing</i>	WBAT after wk 1
	Passive knee flexion to 120°
	Knee extension AROM to 0°
	Bike wk 2 once at 110°
	Joint line girth within 2cm

PHASE 2 Wk 5-8 <u>Goal:</u> Ascend stairs with normal pattern <i>Restore household function</i>	Flexion PROM to 135°
	Knee extension AROM with heel prop
	Bike with resistance
	Joint line girth within 1cm
	Proper 2 leg squat form with full depth
Single leg balance reach test within 4cm of uninvolved leg	

PHASE 3 Wk 8-12 <u>Goal:</u> Full single leg stability <i>Initiate strengthening</i>	Elliptical wk 8
	Full knee P/AROM and no joint line swelling
	Ascend/descend 2 flights of stairs with reciprocal gait
	Pass single leg bridge hold test
	Pass single leg squat test
	Clearance for Rebound force plate test

PHASE 4 Wk 12-24 <u>Goal:</u> Pass sport test <i>Return to sport</i>	Golf progression wk 12
	Rebound force plate test wk 12
	Biking progression wk 16
	Pass Vail sport test wk 16
	Running progression 16
	Multidirectional agility wk 16-20
Rebound force plate test wk 24	