# Non-Operative or Pre-Operative Protocol ACL Tear
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**Information:**

The following is the non-operative/preoperative protocol for ACL tears.  The main emphasis focuses on:
1. Reducing inflammation
2. Restoring full range of motion
3. Restoring quadriceps function

If performing for pre-operative reasons, you will likely be ready for surgery following phase I/II or in about one to two weeks.  If performing for non-operative or delayed surgery, you will progress through Phase II and onto Phase III.  Maximizing your range of motion and strength pre-operatively will positively influence your non-operative or post-operative results.

## Phase I – Inflammatory Phase:

- Modalities to control inflammation
  - Prescription anti-inflammatories
  - Ice
  - Clinical modalities to control inflammation

- Cardiovascular Exercises
  - Stationary bike-focus on restoring range of motion
  - Pool program as indicated

- Begin range of motion exercises
  - Seated flexion/extension off of table
  - Wall slides
  - Heel slides

- Begin VMO and quadriceps strengthening
  - Quadriceps setting
  - Multi-plane straight leg raising
  - Open kinetic chain multi-plane hip strengthening

- Gait training; protected weight-bearing as instructed

## Phase II – Subacute and Early Strengthening:

- Continue with appropriate Phase I activities

- Continue to work toward full range of motion

- Advance strengthening program
  - Proprioception exercises
  - Closed kinetic chain squat program
  - Closed kinetic chain unilateral squats, dips, and step-up progression
  - Closed kinetic chain multi-plane hip strengthening

- Advance intensity and duration of stationary biking program.  May add treadmill walking as swelling permits, avoid running and impact activity.

## Phase III – Advanced Strengthening:

- Advance closed kinetic chain strengthening as appropriate

- Begin gym strengthening, avoid leg extensions and lunges

This protocol is intended to provide a general guideline to treating an ACL sprain.  Progress should be modified on an individual basis