



Dr. Sanko

ACL Protocol

### **WEEK 1 (out of hospital to 7 days)**

1. See Dr. Sanko in office
2. Crutch walking- TTWB 1-2 weeks depending on quad control
3. Open long leg brace at 1 week and stop for sleep at 2 weeks
4. **Extension** equal to other side by 2 weeks
  - a. Heel prop
  - b. Prone hangs
  - c. Hamstring and calf stretches
5. Quad sets
6. Straight leg raises all 4 ways –aiming for 50-100 repetitions
7. Patellar mobilizations
8. Toe raises out of immobilizer
9. Flexion exercises
  - a. Heel slides, prone flexion, seated flexion at EOB
10. Electrical Stimulation VMS if weak quad or as needed for pain and swelling
11. Supervised therapy 3 times per week

Goals: Decrease swelling, Full knee extension, quad control, and protect graft

### **WEEK 2 (7-14 days)**

1. Continue with above
2. Stitches will be taken out and steri-strips will be replaced.
3. Measure for functional brace
4. Add
  - a. Biofeedback if inconsistent quad set
  - b. Step ups
  - c. Leg Press (0-70), toe press, Leg curl (0-90)
  - d. Wall squats
  - e. Theraband 4 way hip and TKE
  - f. Single Leg stance
  - g. Stepper
  - h. Stationary Bike for ROM

### **WEEK 3**

1. Continue with above activities
2. Water exercises as appropriate or available
3. BAPS or other advanced balance training
4. Backward walking on treadmill

Goals: Emphasize normal gait, ROM 0-115

### **WEEK 4-11**

1. Continue with above activities increasing resistance
2. Shuttle jumps
3. Bike for ROM and then endurance as tolerated
4. Brisk walking on treadmill
5. Sidestepping on treadmill
6. Nordictrack

### **WEEK 8-12**

1. May start Leg extension blocking last 25 degrees
2. When PT determines good quad strength and no swelling:
  - a. Forward and backward running
  - b. Figure 8
  - c. Lateral shuffles
3. If patient has no swelling and is able to run without a limp, progress to:
  - a. Cariocas
  - b. Sport specific drills
  - c. Hops
  - d. Jumps, jump rope

ALL WITH BRACE ON  
NO SUDDEN STARTS/STOPS

RETURN TO COMPETITIVE SPORTS WITH PHYSICIAN OK AND 85-100% STRENGTH

