



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 12**

- 1. May start Leg extension blocking last 25 degrees**
- 2. If strength 70% or greater and okay with Physician start**
  - 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**