

## **ACL PRIMARY REPAIR**

### **Phase I (week 0 – 3)**

- TDWB with crutches and immobilizer
- ROM from 0 - 90° (PROM/AAROM)
- Strengthening:
  - Quadricep sets
  - SLR's X 4 planes (no resistance)
  - Ankle pumps
- Patellar mobilizations

### **Phase II (weeks 3 – 6)**

- Gradually progress ROM to tolerance
- Begin gentle stretches (hamstrings, gastrocnemius, ITB, etc)
- Aquacizer walking when wounds are closed
- Stationary cycling when sufficient ROM (high seat, low resistance)

### **Phase III (weeks 6 – 12)**

- Progress to PWB and then to FWB by 8 weeks
- Begin open chain isotonic exercises ( full range @ 10 weeks)
- Begin closed chain strengthening
- Begin balance/proprioception program

### **Phase IV (weeks 12- 16)**

- Progress above ROM, flexibility, proprioception and strengthening program
- Isokinetic test/ KT 2000
- Begin running and then agility program if >60% quad/HS strength and adequate KT

### **Phase V (weeks 16 – 24)**

- Interval sports program
- Gradual and progressive return to sport and recreational activities



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