

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



Home to the Texas Rangers