ACL rehab protocol

Rehabilitation consists of:

- Daily exercises, done 2-3 times a day
- Range of movement exercises daily
- Strength training 3 times a week from week 3
- Balance exercises/ perturbation training
- Plyometric (jumping) exercise

Red: Not allowed at al

Orange: Allowed with restrictions on weights or resistance
Yellow: No problem to do, but not sufficiently advanced

Green: Allowed

Rs= Resistance

TB= Theraband resistance elastic

1/d = once a day 2/d= twice a day

Syly= side lying

Wts= weights

Exe	Exercises		2	3	4	5	6	7	8	9	10	11	12	13-16		
•	Foot pump exercises															
•	Quads tightening															
•	VMO activation in prone															
•	Straight leg raises - back lying															
٠	Heel slide, sitting.	90°		110°	110°	110°										
•	Clam exercise (if pain-free).						Add resistance band as able									
•	Hip abduction – side lying	90°		180° Add ankle weights when ready and progress												
•	Hip extension standing.			Add ankle weights when ready and progress												
•	Hip abduction in standing.			Add ar	Add ankle weights when ready and progress											
•	Hip flex (straight knee) standing.															
•	Wall slide	1/d 45°	1/d 45°	2/d 45°	2/d 45°	2/d 45°	45°- 90°	45°- 90°	45°- 90°	Introduce weights, progress to single leg at week 13						
•	Toe raises.											Single	leg			
•	Balance, toe standing both legs.											Single	leg			
•	Balance, flat foot one-leg.															
•	RICE.	As ne	eded a	nd after	exercise											
•	Stretch: Passive knee extension – 20 minutes, 3 times daily						As needed									
•	VMO activation on a chair															

•	Straight leg raises- sitting												
•	Gluteus medius, syly knee straight,												
	toes up												
•	Sciatic nerve												
	stretching												
•	Passive knee												
	extension (heel rested)												
•	Hamstring & Quads stretch												
•	Stationary bike		15'-	15'-	15'-	Increas	e time a						
			20'. 0 Rs	20'. 0 Rs	20'. 0 Rs								
•	One legged bridge		3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x20
Pro	gress lifted leg from												
	t to straight												
•	One legged bridge			3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x20
•	with heel raise One legged squats,				3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x15	3x20
	hands on floor				010	U.15						3,113	3,,20
•	Hamstring curls				0 Rs	0 Rs	_	ssively in	crease r	esistanc	e band/		Gym
	prone lying				3x10	3x10	weight	mach					
•	Step ups forward				Can in	crease we		eight as a		in nlyon	ootrics		Plyo Plyo
-	Step ups sideways			45°	45°	45°-	45°-	45°-	aiso auu		o add w	eights	Incr wts
•	Squats: two legs			43	43	90°	90°	90°		Start t	o auu w	eigiits	mer wes
•	Backwards walking												
•	Proprioception:			5 x	5x	5x 10	3 x20	3 x20					
	one legged			10 secs	10 secs	secs	sec holds	sec holds					
	Eyes open and			3003	3003		Holus	Holus					
•	closed. Proprioception:			3x10	3x20	3x30	3x10	3x10					
	balance on wobble			secs,	secs,	secs,	sec	sec					
	board			2	2	2	holds	holds					
•	Proprioception:			legs 10	legs 10	legs 10	1 leg 10	1 leg	e resista	nce of t	herahan	d	
	balance on one			each	each	each	each	mereus	ic resiste	arice or t	neraban	u	
	leg, slide good leg			way	way	way	way						
	front /back/side						with TB						
•	Hamstring curls:					0 Rs		sistance l	band and	d progre	SS		Wts
	standing					3 x							
_	Describera					10 3x10	3x20	3x30	Dlay a	ball gam	o while	halancir	<u> </u>
•	Proprioception: balance one leg on					sec	sec	sec		_			ig, ling, leaning
	pillow/ foam mat					holds	holds	holds					<u> </u>
•	Foam rolling: ITB												
•	One legged												
	bridging on a step						11.						
•	Bridging,						Use res	sistance b	oand aro	ound thig	ns, prog	ress	
	alternating on heels												
•	Bridging on a ball						Add in	leg exter	nsion 2 le	egs, ther	1 leg		
•	Step downs						Only if	wts					
•	Single leg squat							wts					
•	Squats on decline												wts
•	Cross trainer												
•	Stepper												

•	Treadmill									
•	Abduction/ adduction gym machine									
•	Proprioception: slide side to side									
•	Proprioception: arabesque									
•	Proprioception: arabesque crossing arms across midline									
•	Trampoline				Progres exercis	ss 2 leg t es	o 1 leg t	On/off plyos		
•	Front plank									
•	Side plank									
•	Leg press						Increase weight			
•	Proprioception: one leg on wobble board						Head movements, ball catches			
•	Plyometrics						Two legged, start forward, then backwards, then side-side.			1 legged, on & off step
•	Skipping									Stationery & fwd/back
•	Rowing									Only after 16 wks
•	Dead lift									
•	Road bike									
•	Swimming					No bre	eastroke			
•	Jogging								Straigl	nt line only

Progression for next 3 months

This should include

- Lunges, beginning forward and then progressing into different directions
- Progression of all weights, increase weights, decrease reps, and more explosive power work
- Multirectional plyometric exercises applicable to patient sport including high jumps, combination jumps, varied landing positions including deep squat.
- Progression of all proprioception exercises to include Bosu balls, ladders.

Running progression is

Straight line → track (both ways) → figure of 8's → zig-zags → shuttles (180° turn)

Sports drills to return to competition. (contact sport is usually 9-12 months).