

REHABILITATION GUIDELINES ACL PREHAB

PHASE I 0-6 WEEKS

DATES:

Appointments	<ul style="list-style-type: none"> Physical therapy 1-2 x per week with emphasis on HEP
Rehabilitation Goals	<ul style="list-style-type: none"> Patient Education (surgical procedure, protocol, prognosis) Decrease swelling/effusion of involved side Improve ROM (0-120) Maintain/improve neuromuscular control and coordination <ul style="list-style-type: none"> Improve hip, knee and ankle stability Quad control Normalize Gait Prevent atrophy/maintain strength of both limbs
Precautions	<ul style="list-style-type: none"> Possible brace with ambulation Avoid pivoting or high impact activity Avoiding open chain exercises with excessive anterior tibial translation Use Soreness Rules in guiding prehab activity
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Introduce Post-op exercises & Crutch training, <ul style="list-style-type: none"> Quad sets, Straight Leg Raise (all planes), Single Leg Balance Heel slides/Wall Slides, Ball Rolling, Bridges Brace fitting (video) Flexibility Training: Quad, hamstring, adductors, calf, ITB stretching Functional Exercises/Resistance training <ul style="list-style-type: none"> Squats, Deadlifts, Lunges, Step Ups Gait Training Movement and Coordination Skills (Wall drills, A-March) Single leg and Core conditioning for uninvolved limb to prevent deconditioning
Cardiovascular Exercises	<ul style="list-style-type: none"> Cycling (flat pedals or loose clips), walking, UBE
Progression Criteria	<ul style="list-style-type: none"> Quad Control (SLR without a lag, good quad set initiation and endurance) Minimal Effusion (Stroke Test <1+) ROM 0-120 Normalize Gait

References: USSA Return to Snow Protocol; University of Delaware
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