

Dr. Brent Carlson

ACL REHAB PROTOCOL

Patient\_\_\_\_\_

Chippewa Valley Orthopedics & Sports Medicine

DOS\_\_\_\_\_

1200 OakLeaf Way, Suite A  
Altoona, WI 54720

757 Lakeland Drive, Suite B  
Chippewa Falls, WI 54729

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	After week 8, please refer to the Advanced ACL Rehab Protocol.	
	Begins DOS									
<b>WEIGHT BEARING</b>	0%	5%	5%	25%- 50%	50%-75%	75%-100%	100% D/C crutches			
<b>BRACE SETTINGS</b>	0/0 OR 10/10 Based on OR fit	0/0	0/30	0/60	0/90	0/120	0/120	D/C brace		
<b>PROM Goals</b>	0-90	0-90	0-100	0-120	0-140	FULL	FULL	FULL		
AROM Goals Via Heelslide	NONE	0-40	0-75	0-90	0-120	0-140	FULL	FULL		
PT visits/wk	NONE	2-3	2-3	2-3	2-3	2-3	2-3	2-3		
SHOWER	NO	WITH BRACE	W/O BRACE			Sleep w/o brace per MD				
<b>Avoid Deep Squats and Kneeling for 4-5 months. No squatting deeper than 90° after meniscus repair.</b>	Quad Sets with EMG or NMES		Quad Sets							
	SLR's w/brace	SLR's w/brace	SLR's no brace, progressive resistance as tolerated							
	<b>NOTE:</b>	Patellar Mobs								
		Multi-hip Isotonics-sidelying and prone, progressing to standing and machines.								
	*PT visits/wk may vary *Individual ex progression may vary	Ham Curls ACT or A/Assist		Ham Curls isotonic/2 legs						
		Closed Kinetic Chain Exercises TKE with over-ball press, tubing, mini-squats (0-30)								
		Hamstring Stretch		Heel Raises Total Gym partial squats per WB & ROM guidelines						
	*Fast and slow healers will need modifications. Please refer to MD. Refrain from forceful pushing for ROM.	Bike								
		BAPS								
		Leg press (double leg.....progress to single leg)								
					Treadmill Walking					
						Dynamic Balance Exercises Double leg to single leg				
Any Questions? Please contact: NORTHWOODS THERAPY ASSOCIATES							Resisted Ambulation	Advance Open/closed Chain activity		
Altoona, WI 715-839-9266		Chippewa Falls, WI 715-723-5060					Stairmaster	Swimming		
							Elliptical	Light agility at walking speed.		
May 2019										