

ACL PROTOCOL

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Patient _____

DOS _____

| WEEKS 0-2 | WEEK 3-4 | WEEKS 5-6 | WEEKS 7-8 | WEEKS 9+ |
|---|--|---|--|--|
| <p>Brace locked 0/0</p> <p>Exercises: Initial Post Op exercises to start DOS Ankle Pumps Quad Sets Straight Leg Raises Heel slides Goal 0-90° after 2 weeks.</p> <p>Out-patient PT to progress with: Multi-hip isotonic Ham Curls Bike, initially for ROM, start early if needed. Patellar Mobilization Edema control</p> <p>WBAT with assistive device.</p> <p>PT 1-3 visits per week</p> | <p>Brace can be discontinued if quad activation is strong and stable. Maintain brace use until needed.</p> <p>Continue post-op exercises ROM Goal 0-110</p> <p>Bike</p> <p>Total Gym or Leg press</p> <p>TKE and Closed Kinetic Chain exercises</p> <p>BAPS, Double leg balance</p> <p>Standing Hip Abduction - Hip Extension - Hip Flexion - Hip Adduction</p> <p>Heel raises</p> <p>Start Aquatic Therapy</p> <p>Gait training: Crutches, wean from two to one. No limping, full extension.</p> <p>PT 1-3 visits per week</p> | <p>ROM goal 0-120</p> <p>Hip isotonic with 1-5 pounds</p> <p>Clamshell</p> <p>Balance-double leg to single leg</p> <p>Walking activation - March - Sidestep - Backwards</p> <p>Maintain flexibility of hamstrings, quadriceps, calf, hip flexor.</p> <p>Gait training-as needed</p> <p>PT 1-3 visits per week</p> | <p>Progress ROM and strength to WNL or equal to opposite extremity</p> <p>Full ROM supine and prone</p> <p>Total gym or Leg Press with single leg</p> <p>Mini-squats</p> <p>Step-ups forward and lateral</p> <p>Wall sits</p> <p>Double and single leg balance progression</p> <p>Week 8: Start jogging program</p> <p>PT 1-3 visits per week</p> | <p>Progress jogging program</p> <p>Week 10: Activity specific drills</p> <p>Progress all exercises for strength, endurance, proprioception, for back to work, back to sport activities.</p> <p>Progress to functional program as tolerated. Functional testing and week 8, 12, 16. Return to high risk activities between 4-6 months.</p> <p>This protocol should be interpreted as a continuum. If a patient is progress ahead of the time schedules, advance them as tolerated. Speak with Dr. Stewart regarding his plan for their return to unrestricted work, practice, play.</p> <p>Decrease visits as tolerated</p> |
| <p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <p>January 2014</p> | | | | |