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ACL Non-Operative Rehabilitation Protocol Prescription

Patient Name:              Date:

Diagnosis: **ACL Insufficiency L / R knee**

Number of visits each week: 1 2 3 4     Treatment duration _______ weeks

_________ PRE - OPERATIVE  _______ NON - OPERATIVE

Please advance stages as patient successfully completes each one.

**RECOVERY / RECUPERATION PHASE:**
• Restore ROM
• Quad isometrics. Quad isotonics in 90° - 30° arc
• PWB - FWB
• Leg lifts with/without weights
• Hip/hamstring PRE's
• Stationary biking
• Closed chain activities: BAPS, half squats, step-ups, leg press, Nordictrack
• Balancing for joint stability
• Patellar mobilization

**LIMITED RETURN TO SPORTS PHASE:**
• Progress endurance activities
• Begin agility exercises
• Begin running program
• Continue with Stairmaster, Versiclimber, etc.
• Continue with quad isometrics, isotonics, eccentrics - full arc
• Isokinetic test
• Limited return to sports with brace

FULL RETURN TO SPORTS PHASE:
• Begin aggressive functional exercises
• Progress running program
• Continue / progress agility exercises
• Stress activities that demand neuromuscular control over knee and lower extremities
• Plyometrics

ADDITIONAL COMMENTS: __________________________________________________________

Concerns or questions:
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Physician Signature: