

ACL Tear (non-operative) Protocol

- A. Phase I (≈0-2 weeks)
 - Reduce Inflammation
 - Restore ROM
 - Gain quad control
 - 1. Gait
 - WBAT
 - Wean from AD as symptoms allow and quad control improves
 - 2. Exercise
 - a. ROM restoration
 - b. Progressive CKC, Balance and Proprioceptive work
 - c. OKC quad work in 90-45 arc only
 - d. Hip and core stabilization
 - e. Non-impact cardio
 - 3. Modalities for inflammatory reduction
 - 4. Frequent cryotherapy, elevation, and compression
- B. Phase II (≈2-6 weeks)
 - Transitional strength
 - 1. Continue ROM work as needed
 - 2. Continue cryotherapy and modalities as needed
 - 3. Progressive OKC, CKC, Balance/Proprioceptive, Core, Non-impact Cardio work
 - 4. Functional bracing may be appropriate
- C. Phase III (≈ 6 weeks)
 - Long term strength
 - 1. Outline long term home or gym styled strength and conditioning program
 - 2. Straight line jogging may be appropriate
 - 3. Avoid cutting, planting and pivoting activities