



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

**ACL TEAR
PRE-OPERATIVE PROTOCOL**

Goals:

1. Reducing inflammation
2. Restoring full range of motion
3. Restoring quadriceps function

PHASE I – INFLAMMATORY PHASE

- Modalities to control inflammation:
 - OTC or Prescription anti-inflammatories
 - Ice
 - Clinical modalities to control inflammation
- Cardiovascular Exercises:
 - Stationary bike-focus on restoring range of motion
 - Pool program as indicated
- Begin range of motion exercises:
 - Seated flexion/extension off of table
 - Wall slides
 - Heel slides
- Begin VMO and quadriceps strengthening:
 - Quadriceps setting
 - Multi-plane straight leg raising
 - Open kinetic chain multi-plane hip strengthening
- Gait training: protected weight-bearing as instructed

PHASE II – SUBACUTE AND EARLY STRENGTHENING

- Continue with appropriate Phase I activities
- Continue to work toward full range of motion
- Advance strengthening program
 - Proprioception exercises in a linear direction. (No cutting, twisting, sudden accelerations or decelerations)
 - Closed kinetic chain squat program
 - Closed kinetic chain unilateral squats, dips, and step-up progression
 - Closed kinetic chain multi-plane hip strengthening
- Advance intensity and duration of stationary biking program. May add treadmill walking as swelling permits, avoid running and impact activity.

PHASE III – ADVANCED STRENGTHENING

- Advance closed kinetic chain strengthening as appropriate
- Begin gym strengthening, avoid leg extensions and lunges.