



ACL TEAR PRE-OPERATIVE PROTOCOL

INFORMATION:

The following is the Steadman Hawkins Denver Clinic pre-operative protocol. The main emphasis focuses on:

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

You will likely be ready for surgery following phase I/II or in about 1-2 weeks. If your surgery date is beyond that time frame, you will progress through Phase II and onto Phase III.

Maximizing your range of motion and strength pre-operatively will positively influence your post-operative results.

PHASE I – INFLAMMATORY PHASE

- Modalities to control inflammation:
 - 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
 - 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



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**This protocol is intended to provide a general guideline to treating an ACL sprain. Progress should be modified on an individual basis.