

## Illinois Bone and Joint Institute ACL Rehabilitation Protocol Phase I through Phase III

Phase	Weeks	Goals and Benchmarks	Brace/WB Status	Rehabilitation Guidelines
Phase I	Weeks 0-2	Initial PT visit post-op 1 day-2 weeks as requested by MD Dressing change if requested by MD Good quad control; focus on full extension Flexion: end week 1 90°	WBAT in post-op hinged brace locked at 0° until adequate quad control; unlocked when NWB	Quad sets, Controlled wt shifts, Mini Squats SLRs - 4 directional hip (in brace until able to perform without lag) Quad re-ed with NMES if needed CKC TKEs in painfree ROM (0-30°)
	Weeks 2-6	Maintain full knee extension Minimal swelling/joint effusion Normal gait <b>4 wks: SLB x 30 sec without error, ROM 0-130°</b> <b>6 wks: 4" Lat step down with good control; Slow TM walk without UE support x 5min, no limp</b>	Unlock brace for WB (2-4 wks)* when good quad control  D/C brace when able to SLB with UE movements	Progress CKC: Step ups, Step downs, Leg press small arc Introduce PROPRIO balance training protocols Introduce DL and SL squatting mechanics Stationary bike as ROM allows Retro walking on inclined TM at 4 wks; elliptical at 5-6 wks Incorporate hip/core strength; progress WB ex to unstable surfaces
Phase II	Weeks 6-12	No more than joint effusion, 0/10 pain Full ROM (equal bilateral) <b>8 wks: DL squat to 90° without wt shift</b> <b>SL squat to 45° with good hip/knee control</b> <b>10 wks: Timed 1/3 SL squat to table x 30 sec</b> <b>Fast TM walking, without UE support x 5 min</b> <b>12 wks: Timed 1/3 squat test x 30 sec (70% of uninjured)</b> <b>Leaping with good control; Y-test</b>	Full**	Introduce PROPRIO ACL DL and SL protocols Focus on proper SL eccentric hip and knee control Progress functional movements: frontal to sagittal to transverse plane Advanced hip and core stabilization Introduce PWB plyometrics, light agility (1/4 speed ladder) at 10 wks
Phase III	Weeks 12-16	Full ROM, 0/10 pain, No joint effusion <b>16 wks: 8" Ant step down x 20, no UE support</b> <b>TM run/walk 3:1 min ratio x 5 reps (20 min total), no limp, limb symmetry</b> <b>Timed 1/3 squat test x 60 sec (70% of uninjured)</b> <b>Y-Test</b>	Full	Initiate running progression per MD clearance Introduce Dynamic warm-up, S-runs, controlled movements Initiate DL broad jumps, SL jumping focused on proper mechanics

\*If meniscal repair NO FLEX > 90° x 6 WEEKS, WBAT in brace locked in full extension x 6 wks, unless otherwise indicated

\*\*No WB flexion > 90° for 8-10 wks

## Illinois Bone and Joint Institute ACL Rehabilitation Protocol Phase IV

Phase		Goals and Benchmarks	Rehabilitation Guidelines
Phase IV	A	8" ant step down x 20, no UE support TM run/walk 3:1 min ratio x 8 reps Timed 1/3 squat test x 60 sec (70% of uninjured) Y-test (80% uninjured)	Advanced strengthening Introduce proper cutting and jump/land mechanics DL hopping, box jumps
	B	Y-test (80% uninjured) Timed 1/3 squat x 60 seconds (80% of uninjured) SL forward hop (70% of uninjured) Depth Box Jumps	Focus on symmetrical strength and power SL jump/land mechanics and progress cutting and agility speeds
	C	Y-test (90% of uninjured) Timed 1/3 squat x 60 seconds (90% of uninjured) SL triple crossover hop SL lateral 90° rotational hop SL medial 90° rotational hop Run Stop Jump test Tuck Jumps	Sports-specific activities Transverse plane movements: DL/SL rotational jumping Acceleration/deceleration with reaction
Return to Play	Athlete MUST pass clinic administered RTP test and obtain final clearance from MD		