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Practice Limited to:  
Orthopedic Surgery  
Joint Replacement  
Arthroscopy  
Sports Medicine  
Children's Orthopedics  
Trauma  
Podiatric Medicine

## ACL PROTOCOL

### **PHASE 1 (WEEKS 0-2):**

Goals: Minimize effusion, maintain full extension, 120 degrees of flexion, normalize gait.

Treatment Plan:

- 1) Utilize CPM machine as instructed.
- 2) Swelling control with compressive wrap and ice/cooling device.
- 3) Maintain full knee extension.
- 4) Begin quadriceps and hamstring muscle activation: Quad sets, SLR, heel slides, ankle pumps
- 5) WBAT with crutches

### **PHASE 2 (WEEKS 2-4):**

Goals: Full knee range of motion, progress hamstring/quadriceps strengthening, patella mobility, independent ambulation.

Treatment Plan:

- 1) Continue with swelling control
- 2) Full knee ROM: (half to full revolution on an exercise bike)
- 3) Wall slides/ball squats/progressive step-ups
- 4) Balance and Proprioception: Single leg stance/weight shifting
- 5) Independent ambulation

### **PHASE 3 (WEEKS 4-12):**

Goals: Full lower extremity strengthening/conditioning program, agility and plyometric drills, full activity in gym.

- 1) Progress CKC strengthening: lunges/reverse lunges/single leg squats
- 2) Full ROM: full revolution on a bike
- 3) Progress dynamic balance training

### **PHASE 4 (MONTHS 3-6):**

Goals: Agility and plyometric drills, Sports specific training.

Treatment Plan:

- 1) Progress lower extremity strengthening and control
- 2) Plyometric drills including lateral movements, quadrant exercise
- 3) Sports specific strengthening and conditioning
- 4) Treadmill light jogging
- 5) Transition to self directed exercise program

### **PHASE 5 (MONTHS 6-):**

Goals: Continue with home exercise program to maintain strength of lower extremity. Return to sport of choice, independent gym activity.

Treatment Plan:

- 1) Progress plyometric and agility training
- 2) Progress sports specific training
- 3) Fit for functional stability brace as needed

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**Frequency:** \_\_\_\_\_ **Duration:** \_\_\_\_\_

**Comments:** \_\_\_\_\_

**Signed:** \_\_\_\_\_