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## **ACL Repair Protocol**

### Milestones:

- Brace progression
  - Hinge knee brace 0- 6 weeks
  - ACL brace 6 weeks – 3 months
- Crutches 0-14 days PRN
- Single leg squats 2 months
- Straight ahead jogging 3 months
- 2 leg jumping 3 months
- 1 leg jumping 4 months
- Agility/ MP movements 4 months
- Return to sport 6-8 months

### PHASE I (wk 0-4) MOTION & QUAD CONTROL –**WBAT in extension**

#### Week 0-1

- ROM 0-30 (adjust brace settings)
- Patella mobility
- SLR
- Quad sets

#### Week 2

- ROM 0-60 (adjust brace settings)
- Wall slides to 60
- Extension/flexion – sitting to 60
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch
- Quad sets
- SLR w/ quad set

#### Week 4

- ROM 0-90 (adjust brace settings)
- Wall slides to 90
- Extension/flexion – sitting to 90
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch
- Quad sets
- SLR w/ quad set – 4 positions

- Swim Ex
  - Soldier/scissor
- Trunk

## PHASE II (wk 5 – 8) 2-LEG CLOSED CHAIN

### Week 5

- Increase to FROM at week 6
- Same as above
- Stationary bike
- Shuttle
- Mini squat
- Swim Ex
  - Deep well cycling

## PHASE III (wk 8 – 12) 1-LEG CLOSED CHAIN

### Week 8-12

- Same as above
- Single leg squat (1-leg closed chain)
- Step ups
- Lunge
- Sport cord squat
- EFX

## PHASE IV (wk 12 - 16) MULTI-PLANAR MOVEMENT

### Week 12-16

- Outdoor biking
- Straight ahead jogging
- Multi-planar lunge
- Tubing side steps

### Week 12-16

- Sagittal and frontal plane low impact agility
- Stair stepper
- Weights
- 2-legged hops

## PHASE V (wk 16 – 24) AGILITY PROGRAM

### 4 months

- 1-legged hops
- Multi-planar agility

### 5 months

- Golf

### 6-8 months

- Skiing, basketball, tennis, football, soccer