



Call my assistant Cameron for appts, questions, concerns: 307-745-1409
 Call 307-745-8851 for appts, questions, concerns after business hours

REHABILITATION GUIDELINES ACL PREHAB

PHASE I 4-6 WEEKS

DATES:

Appointments	<ul style="list-style-type: none"> Physical therapy 2-3 x per week
Rehabilitation Goals	<ul style="list-style-type: none"> Regain full knee extension Decrease swelling Improve quad control Improve ROM Improve hip, knee, and ankle stability
Precautions	<ul style="list-style-type: none"> Possible brace with ambulation Avoid pivoting or high impact activity OKC exercises without excessive anterior tibial translation
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> NMES for VMO Quad sets, 4-way hip and hamstring strengthening Heel slides, TKE Quad, hamstring, calf, ITB stretching Proprioceptive training
Cardiovascular Exercises	<ul style="list-style-type: none"> Cycling, walking, UBE Gait training
Progression Criteria	<ul style="list-style-type: none"> SLR without lag, good quad set, minimal swelling