

Dr. Troy Berg

Chippewa Valley Orthopedics & Sports Medicine

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**ACL REHAB PROTOCOL
(Quad and Hamstring Graft)**

Patient_____

DOS_____

	WEEK 1 Begins DOS	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	After week 8, please refer to the Advanced ACL Rehab Protocol.	
WEIGHT BEARING	0%	5%	5%	25%- 50%	50%-75%	75%-100%	100% D/C crutches			
BRACE SETTINGS	0/0	0/0	0/30	0/60	0/90	0/120	0/120	D/C brace		
PROM Goals	0-90	0-90	0-100	0-120	0-140	FULL	FULL	FULL		
AROM Goals Via Heelslide	NONE	0-40	0-75	0-90	0-120	0-140	FULL	FULL		
PT visits/wk	NONE	2-3	2-3	2-3	2-3	2-3	2-3	2-3		
SHOWER	Per MD.	Sleep without brace at 7-10 days.								
Avoid Deep Squats and Kneeling for 4-5 months. No squatting deeper than 90° after meniscus repair.	Quad Sets with EMG or NMES. Emphasize early contraction and active extension.									
	Dr Berg specific exercise: patient seated, foot planted, knee near full extension, activate quad.									
	SLR's w/brace	SLR's w/brace	SLR's no brace, progressive resistance as tolerated							
	Ham curls with Quad graft	Patellar Mobs								
		Multi-hip Isotonics-sidelying and prone, progressing to standing and machines.								
	Emphasize Early Quad Contraction and Active Extension	Bike, low RPM	Ham Curls	Ham Curls isotonic/2 legs						
			With Hamstring Graft							
		Closed Kinetic Chain Exercises TKE with over-ball press, tubing, mini-squats (0-30)								
		Hamstring Stretch	Heel Raises							
	Total Gym partial squats per WB & ROM guidelines									
						BAPS				
						Leg press (double leg.....progress to single leg)				
						Treadmill Walking				
						Dynamic Balance Exercises Double leg to single leg				
Any Questions? Please contact: NORTHWOODS THERAPY ASSOCIATES							Resisted Ambulation	Advance Open/closed Chain activity		
Altoona, WI Chippewa Falls, WI 715-839-9266 715-723-5066							Stairmaster	Swimming		
May 2019							Elliptical	Light agility at walking speed.		