

## Advanced ACL Rehab Protocol

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

WEEKS 16-18	WEEKS 18-20	WEEKS 20-22	WEEK 22-24	WEEK 24+
<p><b>**Must be braced to advance**</b></p> <p>Continue to progress Quad/Ham/Hip Strengthening double leg and single leg</p> <p>Continue to progress double leg and single leg balance</p> <p>Y Balance Drill</p> <p>50% speed agility:                      Jog Forward                      Back Pedal                      Low Forward Skip                      Low Backward Skip                      High Knees                      Butt Kicks                      Side Shuffle                      Grapevine/Tapioca                      Forward Lunge                      Backward Lunge                      Side Lunge</p>	<p>Step and Holds</p> <p>Supported to unsupported hopping in place. Progress double leg to single leg.</p> <p>Continue progression of running distance based on goals</p> <p>Progress to 50-75% agility</p>	<p>Double Leg Hops/Jumps:                      Straight Line Hopping                      Square hopping                      Zigzag Hopping                      Broad Jumps                      Wall Jump                      Forward/Backward Cone Jumps                      Side/Side Cone Jumps                      Tuck Jumps                      Squat Jumps                      180° Jumps                      Scissors Jump</p> <p>Advance double leg hop to increasing amount of WB through surgical leg</p> <p>50-75% speed agility:                      Ladder drills                      Figure 8 – large and small                      S's (5-6 turns)                      Zig Zags (5-7 cuts)                      Forward/Back Deceleration                      Bowtie – large and small</p> <p><b>Week 20 Functional Test</b></p>	<p><b>With appropriate passing of week 20 testing, advance to:</b></p> <p>Progression from double leg to single leg hopping &amp; agility</p> <p>Double to Single Leg Hop &amp; stick 5 seconds</p> <p>Single Leg Bounding                      Single Leg Hop                      Single Leg Triple Hop</p> <p>Progress Cutting Drills</p> <p>Change direction/start/stop</p> <p>Box jumps, start at 2 inches, 8-10 inch max</p> <p>75% speed agility:                      Killers/Line Drills                      10 yard LE Functional Drill                      Pro Agility Drill</p> <p><b>Criteria to Advance:</b> No patellofemoral pain or soft tissue complaint. Necessary ROM, strength, endurance, and proprioception for safe return to sport/work.                      Symmetric performance of basic and sport agility drills.                      Single hop &amp; 3 hop test 85% of uninvolved LE. Quad and Ham strength &gt;85% of uninvolved LE.</p>	<p>Maintenance of strength, endurance, proprioception</p> <p>Start drills/skills specific to sport or work</p> <p>Gradual return to sports participation. 4-6 weeks of practice before return to unrestricted work or competitive sport.</p> <p><b>6-9 Month Functional Test</b></p> <p><b>**Return to sport/work is dependent on passing of functional testing and sign off from primary physician. Approximately 9-12 months for sport and 6-12 months for work.</b></p>
<p>Any Questions? Please contact:  <b>Northwoods Therapy Associates</b>                      Altoona, WI    Chippewa Falls, WI                      (715) 839-9266    (715) 723-5060</p> <p>September 2019</p>				