

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>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 hopping in place.</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: Double Leg 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>Week 20 Functional Test</p>	<p>With appropriate passing of week 20 testing, advance to:</p> <p>Progression from double leg to single leg hopping & agility</p> <p>Double to Single Leg Hop & stick 5 seconds</p> <p>Single Leg Bounding Single Leg Hop Single Leg Triple Hop Single Leg Ladder Drills</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>Criteria to Advance: 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 & 3 hop test 85% of uninjured LE. Quad and Ham strength >85% of uninjured 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>6-9 Month Functional Test</p> <p>**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.</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <p>November 2019</p>				