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ACL BONE TENDON BONE REHAB PROTOCOL

GENERAL

Full passive ROM
Brace 0-90 for 6 weeks

WEEK 1

CPM 0-30 and advance to 0-90 as tolerated
Wall slides
Prone hangs
Patellar Mobilizations
Ankle pumps
Quad Sets with straight leg raises
Hamstring Sets

WEEK 2

Same as week 1
Toe raises/heel raises
Biking with both legs

WEEK 3

Same as week 2
Terminal 1/3 knee bends
Achilles and calf stretch

WEEK 7

Treadmill 7% walk
Double knee bends
Swimming with fins

WEEK 10

Single knee bends
Rowing
Forward and backward jogging
Outdoor biking

MONTH 3

Agility Exercises
Stairmaster
Leg press to 90° with weights
Leg curls with no hyperextension
Transition to ACL stabilization brace

6 MONTHS

Return to Sports