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ACL HAMSTRING REHAB PROTOCOL

<u>GENERAL</u>	Full passive ROM Brace 0-90 for 6 weeks
<u>WEEK 1</u>	CPM 0-30 and advance to 0-90 as tolerated Wall slides Prone hangs Patellar Mobilizations Ankle pumps Quad Sets with straight leg raises
<u>WEEK 2</u>	Same as week 1 Toe raises/heel raises Biking with both legs Hamstring Sets
<u>WEEK 3</u>	Same as week 2 Terminal 1/3 knee bends Achilles and calf stretch Hamstring stretching (sit and reach with towel)
<u>WEEK 7</u>	Treadmill 7% walk Double knee bends Swimming with fins
<u>WEEK 10</u>	Single knee bends Rowing Forward and backward jogging Outdoor biking
<u>MONTH 3</u>	Agility Exercises Stairmaster Leg press to 90° Leg curls with no hyperextension
<u>6 MONTHS</u>	Return to Sports