

ACL Protocol

Week 0-2

- Walk as tolerated with brace locked at 0 degrees for walking.
- Use crutches as needed for walking.
- Unlock brace for ROM 0-130 degrees when not walking.
- Main goal to achieve full extension.

Week 2-6

- Start physical therapy.
- No ROM restrictions. Aim for ROM 0-130 degrees.
- Continue brace when walking.
- Straight leg raises for quadriceps strength.
- Main goal to achieve full ROM.

Week 6-12

- Discontinue brace.
- Start strengthening exercises, proprioception training, and agility exercises.
- Main goal to achieve full strength.

Week 12-24

- Start running program on treadmill once cleared.
- Continue stretching, strengthening, and ROM exercises as needed.

Week 24-36

- Start sport training, cutting activities, and agility drills once cleared.
- Continue stretching, strengthening, and ROM exercises as needed.
- Main goal to return to sport.