



ACL REHABILITATION PROTOCOL

Week	Brace	Rehab
Day 1 to Day 7	Long knee brace day & night	CPM 0 to 40 degrees / Sliding board Ice packs Patellar glides Rolled towel under the ankle Static quads & ankle toe exercises Weight bear as tolerated on crutches
Week 2	Same as above	CPM 0 to 90 degrees Increase weight bearing as tolerated and wean off crutches. Exercises as in first week
Week 3	Same as above	Aim for 110 degrees knee flexion Exercises as before
Week 4	Hinged knee cap during walking	Aim for full flexion Commence open chain exercises
Week 5 and 6	Same as above	Commence strengthening for quadriceps and hamstrings. Wall slides, if required
6 weeks to 3 months	Same as above	Strengthening for quads, hamstrings, hip adductors and abductors GYM training – cross trainer, cycling, leg press, knee curls, leg extensions.
3 to 6 months	Discard brace	Straight line running, skipping; if good muscle tone.
6 to 9 months	No brace	Fig of 8 running Sport specific training Gradual return to sports

Please note that these are general guidelines and may need to be varied or modified depending upon individual patients progress.

No open chain exercises for first 3 weeks.

It is recommended that deviation from this protocol should be discussed beforehand with the surgeon.

Dr. Sanjay Garude
MS Orth; D'Orth; FCPS Orth;
DNB; MCh Orth (Liverpool, UK)

Orthopaedic Surgeon &
Arthroscopist

Consultation

Lilavati Hospital
Monday to Friday
6.00 pm to 8.00 pm
Appointments
26455891 / 26438281
Extn. 2052 / 54

Nanavati Hospital
26182255

Chembur Clinic
Saturday
11.00 am to 1.00 p.m.
Appointments
25284469 / 25281369

Cell +91 9920024595
Email sanjaygarude@gmail.com
www.arthroscopysolutions.com