

Grant H Garcia, MD
 2409 North 45th Street,
 Seattle, WA 98103
 Wallingford: 206-633-8100
 Ballard: 206-784-8833



ACL Pre-Operative Protocol PT

Information:

The main emphasis focuses on:

1. Reducing inflammation
2. Restoring full range of motion
3. Restoring quadriceps function

**You will likely be ready for surgery following phase I/II or in about one to two weeks. If your surgery date is beyond that time frame, you will progress through Phase II and onto Phase III. Maximizing your range of motion and strength preoperatively will positively influence your post-operative results.

Phase I – Inflammatory Phase:

Modalities to control inflammation

- Prescription anti-inflammatories
- Ice
- Clinical modalities to control inflammation

Cardiovascular Exercises

- Stationary bike-focus on restoring range of motion
- Pool program as indicated

Begin range of motion exercises

- Seated flexion/extension off of table
- Wall slides
- Heel slides

Begin VMO and quadriceps strengthening

- Quadriceps setting
 - Multi-plane straight leg raising
 - Open kinetic chain multi-plane hip strengthening
- Gait training; protected weight-bearing as instructed

Phase II – Subacute and Early Strengthening:

Continue with appropriate Phase I activities

Continue to work toward full range of motion

Advance strengthening program

- Proprioception exercises
- Closed kinetic chain squat program
- Closed kinetic chain unilateral squats, dips, and step-up progression
- Closed kinetic chain multi-plane hip strengthening

Advance intensity and duration of stationary biking program. May add treadmill walking as swelling permits, avoid running and impact activity.

Phase III – Advanced Strengthening:

Advance closed kinetic chain strengthening as appropriate

Begin gym strengthening, avoid leg extensions and lunges

***This protocol is intended to provide a general guideline to treating an ACL injuries