

## Advanced ACL Rehab Protocol

Dr. Austin Crow, Dr. Troy Berg, Dr. Brent Carlson  
 Chippewa Valley Orthopedics & Sports Medicine  
 1200 Oak Leaf Way, Suite A      757 Lakeland Drive, Suite B  
 Altoona, WI 54720                      Chippewa Falls, WI 54729

Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

WEEKS 16-18	WEEKS 18-20	WEEKS 20-22	WEEK 22-24	WEEK 24+
Continue to progress Quad/Ham/Hip Strengthening double leg and single leg  Continue to progress double leg and single leg balance  Y Balance Drill  50% speed agility: Jog Forward Back Pedal Low Forward Skip Low Backward Skip High Knees Butt Kicks Side Shuffle Grapevine/Tapioca Forward Lunge Backward Lunge Side Lunge	Step and Holds  Supported hopping in place.  Continue progression of running distance based on goals  Progress to 50-75% agility	Double Leg Hops/Jumps: Straight Line Hopping Square hopping Zigzag Hopping Broad Jumps Wall Jump Forward/Backward Cone Jumps Side/Side Cone Jumps Tuck Jumps Squat Jumps 180° Jumps Scissors Jump  Advance double leg hop to increasing amount of WB through surgical leg  50-75% speed agility: Double Leg Ladder drills Figure 8 – large and small S's (5-6 turns) Zig Zags (5-7 cuts) Forward/Back Deceleration Bowtie – large and small  <b>Week 20 Functional Test</b>	<p><b>With appropriate passing of week 20 testing, advance to:</b></p> Progression from double leg to single leg hopping & agility  Double to Single Leg Hop & stick 5 seconds  Single Leg Bounding Single Leg Hop Single Leg Triple Hop Single Leg Ladder Drills  Progress Cutting Drills  Change direction/start/stop  Box jumps, start at 2 inches, 8-10 inch max  75% speed agility: Killers/Line Drills 10 yard LE Functional Drill Pro Agility Drill  <b>Criteria to Advance:</b> No patellofemoral pain or soft tissue complaint. Necessary ROM, strength, endurance, and proprioception for safe return to sport/work. Symmetric performance of basic and sport agility drills. Single hop & 3 hop test 85% of uninjured LE. Quad and Ham strength >85% of uninjured LE.	Maintenance of strength, endurance, proprioception  Start drills/skills specific to sport or work  Gradual return to sports participation. 4-6 weeks of practice before return to unrestricted work or competitive sport.  <b>6-9 Month Functional Test</b>  **Return to sport/work is dependent on passing of functional testing and sign off from primary physician. Approximately 9-12 months for sport and 6-12 months for work.
Any Questions? Please contact: <b>Northwoods Therapy Associates</b> Altoona, WI    Chippewa Falls, WI (715) 839-9266    (715) 723-5060  November 2019				