

Physical Therapy Prescription for:

Name: _____

Phone: 212-305-3934
Fax: 212-305-4040
columbiaortho.org**Diagnosis: Non-Op Partial ACL Tear Rehabilitation Protocol****Phase 1 (Weeks 1-3) – Protection Phase**

- WBAT with crutches until demonstrates normal gait mechanics
- Get fit for functional ACL brace
- Range of motion (3-5x per day):
 - Patella mobilization: medial/lateral, superior/inferior, 2 sets x 20 reps
 - Belt stretch (calf/hamstring) Hold 30 sec 3-5 repetitions
 - Heel slides 2 sets x 20 reps
 - Cycle (minimal resistance) 10-15 minutes daily
- Strength (1x per day):
 - Quad sets 2-3 sets x 20 reps
 - Adductor sets 2-3 sets x 20 reps
 - SLR *(no lag)* 2-3 sets x 20 reps
 - Hip abd/add/ext/ER (against gravity) 2-3 sets x 10-20 reps
 - Body weight squats (partial range) 2-3 sets x 10-20 reps
 - Standing TKE with TheraBand 2-3 sets x 10-20 reps
 - Standing or prone hamstring curls 2-3 sets x 10-20 reps
 - Heel raises 2-3 sets x 10-20 reps

Phase 2 (Weeks 4-6) – Strengthening Phase

- Range of motion (1x per day):
 - Continue ROM and initiate LE flexibility exercises
 - Cycle/elliptical 10-15 minutes
- Strength (3-5x per week):
 - Continue open chain hip and knee strength from phase 1, progress with ankle weights
 - Hamstring strengthening (progress from standing curl, leg curl machine, to curl on pball, single leg dead lift) 2-3 sets x 15-20 reps
 - Leg press (progress from double limb to single limb) 2-3 sets x 15-20 reps
 - Step-up progressions (forward and lateral) 2-3 sets x 15-20 reps
 - Squat progressions (limit to 90 degrees) 2-3 sets x 15-20 reps
 - Plank, side plank, single limb bridge – 2 sets 30 seconds each (15 seconds each leg with bridge)
- Proprioception:
 - Static single-limb balance 3 sets of 30-60 seconds (progress eyes open to eyes closed, foam, BOSU, *sport specific if applicable)

Phase 3 (Weeks 7-12) – Limited Return to Activity Phase

- Range of motion (1x per day):

- Continue ROM and flexibility exercises as needed
- Cycle/elliptical/treadmill with progressive resistance (3-5x per week, 20-30 min)
 - Ok to initiate running program if good eccentric quad control
- Strength (3x per week):
 - Continue progressing phase 2 strengthening exercises
 - Step-up progressions (increase height of step) 2-3 sets x 15-20 reps
 - Single-limb dead lift 2-3 sets x 15-20 reps
 - Static lunge progressions (forward/backward/lateral) 2 sets of 50 feet
- Proprioception (3x per week):
 - Single-limb balance with perturbations 3 sets of 30-60 seconds (progress eyes open to eyes closed, foam, BOSU, * sport specific if applicable)
- Plyometrics (2x per week):
 - Emphasize eccentric control, avoiding increased trunk flexion, dynamic genu valgum, and femoral internal rotation, must have appropriate strength to progress to plyometric program (90% contralateral limb)
 - Simple double-limb jumps
 - Complex double-limb jumps

Phase 4 (Weeks 13-16) – Return to Activity/Sport Phase

- Stretching (1x per day): continue daily lower extremity stretching
- Cardio (3-5x per week): continue cardio program and progress intensity and duration
- Strength (3x per week):
 - Continue strengthening program from phase 3 (increase load, decrease repetition)
 - Progress from static to dynamic lunges
- Proprioception (3x per week):
 - Continue advanced proprioceptive training (increase difficulty of drills)
- Plyometric (2x per week):
 - Emphasize eccentric control, avoiding increased trunk flexion, dynamic genu valgum and femoral internal rotation
 - Single-limb jumps
 - Combination double-limb jumps
 - Combination single-limb jumps
- Sport Specific Drills
 - Initiate sport specific drills
 - Begin speed/agility program
 - Use functional ACL brace

