

ACL Insufficiency Non-operative Treatment Rehabilitation Framework

Phase 1 – Acute Injury Recovery	
1	Inflammation reduction (Ice, NSAIDS, elevation, etc.)
2	Possible aspiration of large hemarthrosis
3	Ace bandage, progress to neoprene sleeve
4	Use knee immobilizer prn
5	PWB with crutches, progress to FWB when limp-free
6	PROM/AROM activity
7	Patellar mobilization
8	Quad isometric sets/SLR
9	Begin gentle CKC strengthening

Phase 2 – Restore ROM, begin strengthening	
1	Maximize ROM
2	Leg lifts, all planes
3	Stationary bicycle
4	CKC activity: BAPS, squats, step-ups, retro-walking, nordic track
5	Quad isotonic in 30-90 degree arc
6	Hamstring isokinetics, concentric and eccentric

Phase 3 – Advanced strengthening	
1	Quad isotonic and isokinetics in full arc
2	Continue hip/hamstring PRE's
3	Progress endurance activity
4	CKC: add versaclimber, stairmaster
5	Begin agility activity (sport-cord)
6	Begin running program (water to land)
7	Fit with brace if quad bulk returned, plan to cont. non-op mgmt.
8	Isokinetic & Functional testing – if 90% predicted, return to sport in brace

Phase 4 – Long-term maintenance (CRITICAL TO SUCCESS)	
1	Aggressive functional exercises
2	Continue running program
3	Continue long-term CKC hamstring strengthening/conditioning
4	Continue brace use for stress activities