

ACL Partial Tear or Deficient

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: 0-3 weeks

Limit activity according to pain level of patient. If partial tear suspected, guard against open chain activities-knee extensions 30°-0° for 8 wks. Utilize bracing as necessary to control instability.

Goals for Phase I:

1. Full range of motion
 2. Demonstrates good quad/ham muscle tone
 3. Normal gait
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- A. Orthotics: Knee brace for stability as needed
 - B. Gait training: Use crutches as needed, progress to full weight bearing within 2 weeks
 - C. ROM: Work to restore full A/PROM using heel slides, wall slides, stationary bike etc.
 - D. Flexibility: Calf, quad, and hamstring stretching
 - A. Strengthening: Begin with isometrics-quad, ham, add sets; straight leg raises, progressive resistive exercises: theraband, tubing, cuff weights, closed chain exercises
 - F. Balance/proprioception: Begin standing on one leg-eyes open/closed, BAPS board sitting/standing etc.
 - A. Modalities: Use for pain, inflammation, swelling control, and muscle re-education as needed
 - B. Soft tissue management: swelling control, patellar mobilizations.

Phase II: 3 – 6 weeks

Goals for Phase II:

1. Full AROM
 2. Good/normal quad/ham strength
 3. Begin sports/job activities
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- A. Orthotics: Continue as needed.
 - B. ROM: Continue as needed
 - C. Strengthening: More aggressive PRE's, weight bearing exercises etc.
 - D. Functional activities: Begin sport-specific drills-hopping, cariocas, etc.

Phase III: 6 weeks to release

Goals for Phase III:

1. Normal strength
 2. Release to sports/work activities
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- A. Continue strengthening/conditioning/functional activities as needed
 - B. 80% Biodex for return to sport