

ACL tear PREHABilitation

- Crutches/brace for comfort and stability as needed. Not required.
- May be full weight bearing as tolerated.
- Ice, elevate and use compression to help manage pain and inflammation.

GOALS:

- 1) Decrease pain and swelling.
- 2) Ice 3-5 times daily for 20-30 minutes at a time.
- 3) Gain/maintain full extension.
- 4) Full flexion as tolerated.
- 5) Quad activation, strengthening and function: Quad sets, SLR, Russian e-stim.
- 6) 4-way ankle, 4-way hip, double leg mini-squats, terminal knee extension.
- 7) Quad and hamstring strengthening.
- 8) May ride stationary bike, do core and upper body workouts.
- 9) Avoid agility, cutting, pivoting, twisting, plyometrics and contact sports.
- 10) Modalities per therapist discretion.

*May attend up to 1-3 times weekly for 2-6 weeks.
Please call *** with any questions or concerns.*