



Brian Gilmer, MD
US Ski Team Physician

Karly Dawson, PA-C
Teaching Associate

(add PT name if applicable)

REHABILITATION GUIDELINES ACL PREHAB

PHASE I 4-6 WEEKS

DATES:

Appointments	<ul style="list-style-type: none"> Physical therapy 2-3 x per week
Rehabilitation Goals	<ul style="list-style-type: none"> Regain full knee extension Decrease swelling Improve quad control Improve ROM Improve hip, knee, and ankle stability
Precautions	<ul style="list-style-type: none"> Possible brace with ambulation Avoid pivoting or high impact activity OKC exercises with excessive anterior tibial translation
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> NMES for VMO Quad sets, 4-way hip and hamstring strengthening Heel slides, TKE Quad, hamstring, calf, ITB stretching Proprioceptive training
Cardiovascular Exercises	<ul style="list-style-type: none"> Cycling, walking, UBE Gait training
Progression Criteria	<ul style="list-style-type: none"> SLR without lag, good quad set, minimal swelling

References: Tim Tollefson PR, Brigham and women's
PT name and date: Tim Tollefson, PT 2/14/17
MD name and date: Brian Gilmer, MD March 2017

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.924.4084
162 South Main Street • Bishop, CA 93514 • 760.872.7766
SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY
85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.934.7302
162 South Main Street • Bishop, CA 93514 • 760.872.2942