

ACL Prehabilitation

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
1 visit for HEP	<p>Normalize ROM</p> <p>Decrease Swelling and Inflammation</p> <p>Increase Strength, especially quadriceps</p> <p>Improve Balance and Proprioception</p> <p>Increase confidence for eventual return to sport</p> <p>Reduce likelihood of reinjury or contralateral injury</p>	<p>WBAT with crutches if 1-2 weeks after injury</p> <p>Brace/immobilizer for full extension with ambulation if 3 weeks after injury</p>	<p>RICE</p> <p>ROM exercises emphasizing full knee extension</p> <p>Crutch Training if appropriate</p> <p>Quad isometrics</p> <p>Closed chain exercises</p> <p>Hip and ankle strengthening</p> <p>Hamstring and gastrocnemius stretching</p> <p>Single and double leg balance exercises over flat ground progressing to single limb positions, uneven surfaces and perturbations</p> <p>Progression to strengthening in single limb positions</p> <p>Bike</p>