



## **REHAB PROTOCOL FOR PRE-OP ACL RECONSTRUCTION**

### **DIAGNOSIS:**

ACL tear: Pre-op for ACL reconstruction

### **TREATMENT:**

- Increase ROM as tolerated
- Swelling control including icing
- Gait training
- Modalities PRN
- Pre-op PT for ACL reconstruction: stretching/strengthening of quadriceps/hamstrings

### **WEIGHT BEARING STATUS:**

WBAT, no impact activities

### **BRACE:**

May use hinged knee brace for weight bearing activities if prescribed/provided

### **TREATMENT GOALS:**

ROM 0 to 130 degrees

Improved strength

Minimal effusion