

Name \_\_\_\_\_

Therapist \_\_\_\_\_

Physician \_\_\_\_\_



## Patient Flow Sheet

proaxistherapy™

# ACL Healing Response

## Phase 1 – MOTION AND MOBILITY

- Week 0-6** Patellar tendon and patellar complex mobilization emphasized for at least the first 6-8 weeks  
Quad sets progressing to SLR (with NMES, biofeedback)  
Open- and closed-chain terminal knee extension (TKE)  
Open-chain hip strengthening  
Bike for motion starting week 2  
Double-leg shuttle leg press for muscle activation no earlier than 4 weeks (0-60°)  
\*Avoid squatting on an acutely inflamed knee.  
**ROM:** Restore ROM with goal of full-range by 6 weeks  
**Brace:** Locked in extension (week 0-1) (locked at 10° hyperextension if extension lag)  
Unlocked 0-90°(week 1-4)  
Sleep with brace locked in extension until symmetrical active extension is achieved  
**Weight-bearing:** WBAT with 2 crutches. Wean off by week 4 in sufficient quad activation

## Phase 2 – ENDURANCE

- Week 7-11** Ensure full knee extension is maintained prior to and during progression of closed-chain activities  
Closed-chain progression (+/- including squat, lunge, step-up, bridge)  
Progress from double leg to single leg; from stable to unstable surfaces  
Balance progression  
Bike for cardiovascular fitness/quad endurance  
Gradual initiation of frontal plane exercise

*\*Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

## Phase 3 – STRENGTH

- Week 12-15** Increase sets/duration of closed-chain strengthening in varied proprioceptive environments  
Initiate squat jump progression from shuttle to gravity dependent position  
Advance plyometrics from bilateral to unilateral as pt demonstrates knee control  
Emphasize deceleration and eccentric control

## Phase 4 – AGILITY, POWER, RETURN TO SPORT

- Week 16+** Pass sport cord test around month 4-5 to allow advanced agility progression to begin  
Sport-specific movement patterns practiced in supervised and controlled environment  
Graded re-integration into sport activities with MD and PT clearance

**Return to Activities:** See functional criteria

Running: Between 3-4 months when functional criteria met

Golf: Short irons at 4 months, full swing w/long irons at 5 months. Delay 4-6 weeks if lead leg

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 5 months at the earliest

**Surgeon Comments:**