BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

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ACL Tear

NON-OPERATIVE REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Full motion; leg raise without lag; minimal swelling*	Restore full extension (heel prop, prone hang); flexion as tolerated	Weight bearing as tolerated; crutches and brace until walking without a limp	Quad sets with e-stim, straight-leg raises, isometrics at 90°/60°, calf raises, hip abduction; ice and compression
Phase II **3–5 weeks** GOAL TO ADVANCE *No giving way; balance ≥90% of other side*	Full	Discontinue crutches and brace	Stationary bike, step-ups, mini-squats 0-60°, hamstring curls, bridges, single-leg balance on stable → unstable surfaces
Phase III **6–8 weeks** GOAL TO ADVANCE *Pain-free run program*	Full	Full	Progressive strengthening, perturbation training, return-to-run program, agility (shuffles, carioca, cone drills), plyometrics
Phase IV **8–12+ weeks** GOAL TO ADVANCE *Strength and hop tests ≥90%; no giving way*	Full without discomfort	Functional ACL brace for sport if prescribed	Single-leg plyometrics, sport-specific agility at full speed; return to activity**

NOTES

**If approved by physician. Phases advance by meeting goals, not the calendar. Pivoting and cutting sports without an ACL carry a risk of further meniscus and cartilage damage; call the office for any episode of the knee giving way