

Dr. Allen ACL Prehab Program

Goals

1. Reduce swelling
2. Pain control
3. Restore range of motion
4. Maintain/restore quad control
5. Normalize gait

Modalities

1. Ice the knee for 20 minutes 2-3x a day. Especially after your exercises
2. Advil (Ibuprofen) or Aleve (Naproxen) can be taken for pain and swelling
3. TENS may be used if directed by your PT or ATC

Brace

1. You may have been fitted with a hinged knee brace, wear this when you are up and about, especially when putting weight on the leg
2. You can remove the brace to shower or bathe, it is not necessary to wear the brace to bed unless otherwise instructed

Walking

1. Gradually work to normalize your gait
2. Wean from two crutches down to one, and then discontinue them
3. No limping, normal gait is the goal
4. Go up stairs with your good leg, go down stairs with your bad leg

Exercises: Do these 2-3x daily. They should not be painful, there may be some discomfort. Goal is motion, not strengthening. Do 3 sets of 10 for each exercise

1. Supine and prone knee extensions, heel props
2. Heel slides
3. Ankle pumps
4. Quad sets
5. Short arc quads
6. 4-way straight leg raises
7. Standing heel raises
8. Quad, calf, and hamstring stretching once motion is improved
9. Stationary bike with no resistance