

ACL Prehab Protocol

Core Rehabilitation Guidelines

1. Restore ROM
2. Quadriceps Isometrics. Quadricep Isotonics 90 deg – 30 deg arc
3. Partial weight bearing to full weight bearing
4. Leg lifts with without weights
5. Hamstring / Hip Progressive Resistance Exercises
6. Stationary biking
7. Closed Chain activities: BAPS, half squats, step-ups, leg press, Nordic track
8. Balancing for joint stability
9. Patellar mobilization