

ActivFit Physiotherapy

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ACL Rehabilitation

Date of Injury

Date of Surgery

Day performed

0-2 weeks

- PWB to FWB, off crutches, active movements

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3-6 weeks

- near full flexion and extension, bicycle, pool work (pool buoy), step ups, balance work

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6-9 weeks

- Functional quads, lunges, hamstring eccentric, swim flutter kicks, treadmill power walking

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9-12 weeks

- Power walk with gradient to slow jog
- Pool running
- Bike stairmaster interval work
- Mini tramp balance

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12-16 weeks

- Treadmill jog to run, straight line run, bike intervals standing, mini tramp jumping 2-single leg
- Pool plyometrics

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16-20 weeks

- Increase distance/duration and intensity of outdoor running/bike/stairmaster run
- 2 leg plyometrics, skipping, bounding, hills and turns running

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20-24 weeks

- Sports practice
- Running forwards/backwards, figure 8s, zig-zag running cross-over steps, backwards with cutting, stop and go drills
- Compare (L) to ® leg plyometric ability
- Hard sports practice to assess reactions/speed/skills/control

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