

Pre-Operative ACL Treatment

- **Cryotherapy**

-Cold and compression of the knee 20 minutes 7-8 times daily

- **Range of Motion**

Range knee 4-5x daily

Gradually work on getting knee straight

Gradually work on getting flexion

Goal: prior to surgery almost full ROM

- **Muscle Training**

Use electric muscle stim to quads- Empi 300 PV

- Quad sets with muscle stim 3-4 times daily
- Straight leg raise, hip Abduction/Adduction
- Mini Squats

- **Brace**

Wear brace to protect the knee

- **Patella Mobilization**

Mobilization of patella

- Superior/inferior
- Side to side