



Aquatic ACL Reconstruction

Contraindications for Aquatic Rehabilitation:

Although aquatic therapy is appropriate for many individuals, there are some conditions whereby water-based therapy is not recommended. Such diagnoses as seizure disorders, open wounds, non-healing ulcers, chlorine allergy, and/or extreme fear of water are populations that may be better served in a land based therapy program. Encourage patients to discuss any concerns they might have with their therapist prior to aquatic therapy treatment.

PHASE I: (Immediate)

Week 1-2

Aquatic rehabilitation not recommended until Week 3.

Week 3 – 6

Shallow Water-

1. Mini Squats, Lunges, Step Ups, Calf Raises
2. Standing leg raises
3. Single leg balancing / proprioception
4. Side Stepping, forward walking
5. Standing knee flexion
6. Lower extremity stretching

Deep Water-

1. Flutter kicking, intervals of 30-60 seconds of work, 15 seconds rest
2. Bicycle

PHASE II: (Intermediate)

Week 7 – 8

1. Jogging. Start with chest deep water, progress to waist deep as tolerated
2. Deep Water, Jogging, cross country skiing, jumping jack
3. LungeWalks, Skipping
4. 2 leg Bunny Hops (stationary, forward/backward, side-side)
5. Swimming

Week 9 – 10

1. Progress to diagonal / agility hopping
2. Torpedo (lower body push off of the wall)
3. Long Jumps, backpedal, Diagonal hops
4. Progress to unilateral bunny hops as tolerated with good control

PHASE III: (Advanced)

Week 11+

1. Lateral Shuffle, Lateral Bounds
2. Jumping for height, tuck jumps, squat jumps
 - a. Begin in chest deep water, progress to waist deep
3. Jogging with rounded turns
4. Appropriate sport-simulated skills such as resisted running, running with cutting