



**REHABILITATION PROTOCOL: ANTERIOR CRUCIATE LIGAMENT (ACL)
 RECONSTRUCTION WITH BONE-PATELLAR TENDON-BONE AUTOGRAFT**

Phase I (Weeks 0-4)

- **Weightbearing:** As tolerated with crutches (may be modified if concomitant meniscal repair/meniscal transplant or articular cartilage procedure is performed)
 Hinged Knee Brace:
 - o Locked in full extension for ambulation and sleeping (**Weeks 0-1**)
 - o Unlocked for ambulation and removed while sleeping (**Weeks 1-4**)
- **Range of Motion** – AAROM -> AROM as tolerated
- **Therapeutic Exercises**
 - o Quad/Hamstring sets
 - o Heel slides
 - o Non-weightbearing stretch of the Gastroc/Soleus
 - o Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 4-6)

- **Weightbearing:** As tolerated -- discontinue crutch use
 Hinged Knee Brace: Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion** – Maintain full knee extension – work on progressive knee flexion
- **Therapeutic Exercises**
 - o Closed chain extension exercises
 - o Hamstring curls
 - o Toe raises
 - o Balance exercises
 - o Progress to weightbearing stretch of the Gastroc/Soleus
 - o Begin use of the stationary bicycle

 Name

 Date

 Diagnosis

 Date of Surgery

Phase III (Weeks 6-16)

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - o Advance closed chain strengthening exercises, proprioception activities
 - o Begin use of the Stairmaster/Elliptical
 - o **Can Start Straight Ahead Running at 12 Weeks**

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments:

Frequency: _____ times per week **Duration:** _____ weeks

Signature: _____ **Date:** _____