



**REHABILITATION PROTOCOL: ANTERIOR CRUCIATE LIGAMENT (ACL)  
 RECONSTRUCTION WITH HAMSTRINGS AUTOGRAFT**

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Diagnosis**

\_\_\_\_\_  
**Date of Surgery**

**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 and 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
  - o **No Hamstring Stretching Until 4 Weeks Post-Op**

**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 Stretching, Toe Raises, Balance Exercises
  - o Progress to weightbearing stretch of the Gastroc/Soleus
  - o Begin use of the stationary bicycle

**Phase III (Weeks 6-16)**

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
  - o Begin Hamstring strengthening
  - 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)**

- o Continue with strengthening (quad/hamstring) and flexibility
- o Begin cutting exercises and sport-specific drills
- o Maintenance program for strength and endurance
- o **Return to sports at 6 months**

**Comments:**

**Frequency:** \_\_\_\_\_ times per week      **Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_