Centers for Advanced Orthopedics

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The Centers
for Advanced Orthopaedics

ACL HAMSTRING AUTOGRAFT RECONSTRUCTION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	**0-2 week**: toe touch weight bearing with crutches **2-4 weeks**: advance to full weight bearing	**0-2 week**: locked in full extension for ambulation and sleeping **2-4 weeks**: unlocked for ambulation, remove for sleeping**	As tolerated	Heel slides, quad sets, patellar mobs gastroc/soleus stretch***, SLR with brace in full extension until quad strength prevents extension lag****
PHASE II 4 - 6 weeks	Full	Discontinue use when patient has full extension and no extension lag	Maintain full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch and closed chain activities, begin hamstring stretching
PHASE III 6 weeks - 4 months	Full	None	Gain full and pain-free	Begin hamstring strengthening, advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac, begin running at 16 weeks with good functional testing, Delay until adequate strength and control
PHASE IV 4 - 6 months	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: advance running, progress as able to backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills
PHASE V 6 months and beyond	Full	None	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance At patient's discression, a functional ACL brace can be used from 6 mo to 1 yr post-op Clear for sports when functional testing 90% of contralateral leg

**Avoid open chain quadriceps strengthening for first 4 months

***This exercise is to be completed in a non-weight bearing position

****NO hamstring stretching until 4 weeks post-operative