

Centers for Advanced Orthopedics

Lucas Wymore MD

Sports Medicine

Office Phone: 301-475-5555

23000 Moakley Street Suite 102

Leonardtown, MD 20650

Fax: 301-475-5914



ACL ALLOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I 0 - 2 weeks	Toe touch with crutches*	0-2 weeks: locked in full extension for ambulation and sleeping	As tolerated Goal: Full Ext.	Heel slides, quad/hamstring sets, patellar mobs, prone hangs, gastroc/soleus stretch***, stationary cycling no resistance, SLR with brace in full extension until quad strength prevents extension lag, No active extension against gravity
PHASE II 2 - 6 weeks	Gradually discontinue crutch use	Discontinue use when patient has full extension and no extension lag	Maintain full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch, begin toe raises, closed chain ext. balance exercises, hamstring curls and stationary bike No active extension against gravity
PHASE III 6 weeks - 4 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities
PHASE IV 4 - 6 months	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: May add open chain quad exercises Start straight ahead running 5 months with good functional testing
PHASE V 6 months and beyond	Full	None	Full and pain-free	Addition of sport specific/cutting drills Continuation of global athletic strengthening/edurance Clearance to full sport participation 9-12 months with functional testing 90% of contralateral side

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

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