

# Centers for Advanced Orthopedics

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## COMPLEX ACL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
<b>PHASE I</b> <b>0 - 4 weeks</b>	Strict non weight bearing with brace and crutches first six weeks	<b>0-2 week:</b> locked in full extension for ambulation and sleeping <b>2-6 weeks:</b> unlocked 0-90 for ambulation	0-90	Heel slides, quad sets, patellar mobs gastroc/soleus stretch***, SLR with brace in full extension until quad strength prevents extension lag****
<b>PHASE II</b> <b>4 - 6 weeks</b>	Strict non weight bearing with brace and crutches first six weeks	<b>4-6 weeks:</b> unlocked 0-90 for ambulation, remove for sleeping**	0-90	Progress to non weight bearing gastroc/soleus stretch and closed chain activities, begin hamstring stretching
<b>PHASE III</b> <b>6 weeks - 4 months</b>	Full, without use of crutches and with a normalized gait pattern	Discontinue use when patient has full extension and no extension lag	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
<b>PHASE IV</b> <b>4 - 6 months</b>	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
<b>PHASE V</b> <b>6 months and beyond</b>	Full	None	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance  At patient's discretion, 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**