Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction with Bone-Patellar Tendon-Bone 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:**
  - Locked in full extension for ambulation and sleeping (Weeks 0-1)
  - Unlocked for ambulation and removed while sleeping (Weeks 1-4)
• **Range of Motion** – AAROM → AROM as tolerated
• **Therapeutic Exercises**
  - Quad/Hamstring sets
  - Heel slides
  - Non-weightbearing stretch of the Gastroc/Soleus
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 4-12)
• **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**
  - Closed chain extension exercises
  - Hamstring curls
  - Toe raises
  - Balance exercises
  - Progress to weightbearing stretch of the Gastroc/Soleus
  - Begin use of the stationary bicycle

Phase III (Months 3-8)
• **Weightbearing:** Full weightbearing
• **Range of Motion** – Full/Painless ROM
• **Therapeutic Exercises**
  - Advance closed chain strengthening exercises, proprioception activities
  - Begin use of the Stairmaster/Elliptical
  - Can Start Straight Ahead Running at 3 months

Phase IV (Months 8-10)
• Gradual return to athletic activity as tolerated
• Maintenance program for strength and endurance

Comments:

Frequency: ____ times per week              Duration: _____ weeks

Signature: _________________________________                        Date: __________________________