

Name:

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Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction with Bone-Patellar Tendon-Bone Autograft

Date:

Diagnosis:		Date of Surgery:	
— Pha	ase I (Weeks 0-4)		
•	Weightbearing: As tolerated with crutches (may be transplant or articular cartilage procedure is performed in the performance in the perfor	med) sleeping (Weeks 0-1) e sleeping (Weeks 1-4)	
Ph • •	**Name of the stationary bicycle** **Order of the Gase of the stationary bicycle** **Order of the Gase of the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace in full extension with the stationary bicycle** **Order of the Straight-Leg Raise with brace with the straight-Leg Raise with the straight-L	use patient has achieved full extension with no evidence of work on progressive knee flexion	
Ph •	Phase III (Months 3-8) Weightbearing: Full weightbearing Range of Motion – Full/Painless ROM Therapeutic Exercises Advance closed chain strengthening exercise Begin use of the Stairmaster/Elliptical Can Start Straight Ahead Running at 3 mo	• •	
•	Chase IV (Months 8-10) Gradual return to athletic activity as tolerated Maintenance program for strength and endurance ments:		
_	uency: times per week	weeks Date:	