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Hip, Knee, Shoulder, Elbow ■ Cartilage Restoration, Joint Preservation

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## Physical Therapy Protocol – ACL Reconstruction (Allograft or Hamstring)

**Note: if patient had Meniscus Repair in conjunction with ACL Reconstruction, use Meniscus Repair Protocol**

	<b>Weight Bearing and ROM</b>	<b>Brace Use</b>	<b>Therapy*</b>
<b>Phase I</b> 0-4 weeks	Weight bearing as tolerated (WBAT) with crutches.  ROM: as tolerated  Full symmetric extension by 2 weeks.  <b>Goal: Flexion to 120 degrees by 4-6 weeks.</b>	0-1 week: locked in full extension for sleep and ambulation.  1-4 weeks: unlocked for ambulation, locked for sleep.	<ul style="list-style-type: none"> <li>• Heel slides, quad and hamstring sets, patella mobilizations, gastrocnemius/soleus stretch (NWB).</li> <li>• Prone hangs.</li> <li>• SLR with brace locked in full extension until patient has no extension lag with SLR, then unlock brace.</li> <li>• <b>If hamstring: no hamstring stretching or exercises until 4 weeks post-operative.</b></li> </ul>
<b>Phase II</b> 4-6 weeks	Discontinue crutches.  Maintain full extension.  Advance to full flexion as tolerated.	Discontinue brace when patient has full active extension and no extension lag.	<ul style="list-style-type: none"> <li>• Stationary bike.</li> <li>• Weight bearing gastrocnemius/soleus stretches.</li> <li>• Begin toe raises.</li> <li>• Closed chain extension, balancing exercises, hamstring curls.</li> </ul>
<b>Phase III</b> 6 – 16 weeks	Full ROM	None	<ul style="list-style-type: none"> <li>• Advance closed chain strengthening.</li> <li>• Proprioceptive training.</li> <li>• 3 months: begin straight ahead running.</li> </ul>
<b>Phase IV</b> 16 – 24 weeks	Full ROM	Possible custom fit ACL brace for playing.	<ul style="list-style-type: none"> <li>• 4 months: may use elliptical. Increase flexibility. May begin jumping.</li> <li>• 5 months: sprinting; forward-backwards running, sports specific training, cutting. Sports metrics (plyometrics) advanced jumping and landing program. Advanced strengthening program.</li> <li>• <b>6 months: functional sports assessment.</b></li> <li>• <b>6-8 months: return to sport if approved by surgeon.</b></li> </ul>

\*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).