Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction with Hamstring Autograft

Name: ________________________________ Date of Surgery: ________________

Phase I (Weeks 0-4)
- **Weightbearing:** As tolerated with crutches (may be modified if concomitant meniscal repair 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 and heel slides
  - Non-weightbearing stretch of the Gastroc/Soleus
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag
  - **No Hamstring Stretching Until 4 Weeks Post-Op**

Phase II (Weeks 4-6)
- **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 Stretching, Toe Raises, Balance Exercises
  - Progress to weightbearing stretch of the Gastroc/Soleus
  - Begin use of the stationary bicycle

Phase III (Weeks 6-16)
- **Weightbearing:** Full weightbearing
- **Range of Motion:** Full/Painless ROM
- **Therapeutic Exercises**
  - Begin Hamstring strengthening
  - Advance closed chain strengthening exercises, proprioception activities
  - Begin use of the Stairmaster/Elliptical
  - **Can Start Straight Ahead Running at 12 Weeks**

Phase IV (Months 4-6)
- Continue with strengthening (quad/hamstring) and flexibility
- Begin cutting exercises and sport-specific drills
- Maintenance program for strength and endurance
- **Return to sports at 6 months**

Comments:

Signature: ________________________________ Date: ___________________________