

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

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 at all times unless doing PT/Exercise (**Weeks 0-1**)
 - Unlocked for ambulation and removed while sleeping as long as can do straight leg raise (**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
 - Active extension of the knee/pushdowns, goal to PREVENT FLEXION CONTRACTURE
 - Prevention of Arthrogenic Muscle Inhibition (AMI)
 - <https://journals.sagepub.com/doi/10.1177/26350254221086295>
 - The link above contains an education video regarding AMI

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 curls
 - 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**
 - 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



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- Begin cutting exercises and sport-specific drills
- Maintenance program for strength and endurance
- **Return to sports at 6 months**

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____