

ACL Reconstruction Rehabilitation protocol

	<u>WEIGHT BEARING</u>	<u>BRACE</u>	<u>RANGE OF MOTION</u>	<u>THERAPEUTIC EXERCISE</u>	<u>CPM</u>
PHASE I (0-4 WEEKS)	As tolerated with crutches, and discontinue in 7-14 days. If meniscus repair, partial weight bearing for first 4 weeks with crutches.*	0 – 45° for first 4 weeks. May be taken off for sleep, CPM use, or non-ambulatory at home.	Advance to full range of motion as tolerated.	Heel sides, quad sets, patellar mobilization gastroc/soleus stretch NWB SLR with brace in full extension until quad strength prevents extension lag. No hamstring stretch for first month if autograft used.	4 – 6 hrs/day at 1 cycle/min. Advance 10° / day until 120°. Begin at 30° flexion.**
PHASE II (4-6 WEEKS)	Discontinue crutch use Full weight bearing	Discontinue	Maintain full extension and full flexion.	Progress to weight bearing gastroc/soleus stretch and closed chain activities, begin hamstring stretching.	Discontinue
PHASE III (6 WKS- 4 MTHS)	Full weight bearing	Discontinue	Full range of motion	Begin hamstring strengthening, advance close chain strengthening, progress proprioception activities. May ride stationary bike, light straight jogging, swim crawl.	Discontinue
PHASE IV (4 – 6 MONTHS)	Full weight bearing	Discontinue	Full range of motion	Progress flexibility/ strengthening, progression of function: forward/backward running, cutting, grapevine, etc., Initiate plyometric program and sport-specific drills.	Discontinue
PHASE V (6 MONTHS -)	Full weight bearing	Discontinue	Full range of motion	Gradual return to sports participation (per physician recommendation), maintenance program for strength and endurance.	Discontinue

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

**Maximum of 90° if meniscus repair performed concomitantly.