

## ACL PATELLAR TENDON AUTOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-4 weeks	Full	<b>None</b>	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch  Side-lying hip/core
<b>PHASE II</b> 4-12 weeks	Full	None	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<b>PHASE III</b> 12-16 weeks	Full	None	Full	Advance closed chain strengthening  Progress proprioception activities  Begin stairmaster, elliptical at 8 wks; Running straight ahead at 12 weeks
<b>PHASE IV</b> 16-24 weeks	Full	None	Full	<b>16 wks:</b> Begin jumping  <b>20 wks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills  <b>22 wks:</b> Advance as tolerated  FSA completed at 22 wks***
<b>PHASE V</b> > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA  Maintenance program based on FSA

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

\*\*\*Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx 22 wks post-op for competitive athletes returning to play after rehab