



ADVANCED ORTHOPAEDIC SPECIALISTS

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ACL Hamstring Autograft Reconstruction Rehab Protocol

** Concomitant meniscus repair/replacement: NWB Phase 1 then ↑50%WB weekly ; do not force flexion past 90°; delay jumping/running an additional 4 weeks from each date*

Phase	Weight Bearing	Brace	Range of Motion	Therapeutic Exercise
Phase I Weeks 0-4	As tolerated with crutches*	Weeks 0-1: immobilizer with ambulation and sleeping Discontinue when able to perform 10 SLRs without extension lag and AROM 0° extension	CPM 6-8hrs/day progressing 5-10° daily Week 1: 90° *Weeks 2-4: 0-120°	Heel slides with belt, quad sets, quad sets+heel prop, seated or standing gastroc/soleus stretch, GENTLE long sit hamstring stretch, stool push, TKE, fwd/lat 2" step up, SLS No SLRs, LAQs, knee extension machine, isolated hamstring loading
Phase II Weeks 4-6	Discontinue crutches*	None	*Weeks 5-7: 0-135°	Closed chain exercise, SL balance, seated hamstring curls, leg press, heel raises, fwd/lat/down 6" step up, elliptical No hamstring curls
Phase III Weeks 6-12	Full weight bearing; normalize gait	Measure for functional brace	Full AROM	Advanced closed chain strengthening, advanced SL proprioceptive/balance training *Week 8: bilateral hopping/jumping progressing 2" to 6" *Week 10: unilateral hopping/jumping progressing 2" to 6" *Week 12: straight running
Phase IV Weeks 12-16	Full weight bearing	Functional brace with activity	Full, pain free AROM	Progress running, hopping, and advanced strengthening, jump and landing mechanics
Phase V Weeks 16-24	Full weight bearing	Functional brace with activity; continue use during athletics	Full, pain free AROM	Advanced plyometrics, fwd/bwd running, cutting, lateral hopping, sport specific drills