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**REHAB PROTOCOL: ACL Reconstruction with Bone-Patella Tendon-Bone Autograft**

**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 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
- Heel slides
- Non-weightbearing stretch of the Gastroc/Soleus
- Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

**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

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- 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)**

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

#### **Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_