



**Kevin B. Freedman, M.D.**

Sports Medicine  
 825 Old Lancaster Rd, Suite 200  
 Bryn Mawr, PA 19010-3470  
 Phone: (800) 321-9999  
 Fax: (267) 479-1321

## ACL HAMSTRING AUTOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 4 weeks</b>	As tolerated with crutches*	<b>0-2 week:</b> locked in full extension for ambulation and sleeping <b>2-4 weeks:</b> unlocked for ambulation, remove for sleeping**	As tolerated	Heel slides, quad sets, patellar mobs gastroc/soleus stretch***, SLR with brace in full extension until quad strength prevents extension lag****
<b>PHASE II 4 - 6 weeks</b>	Gradually discontinue crutch use	Discontinue use when patient has full extension and no extension lag	Maintain full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch and closed chain activities, begin hamstring stretching
<b>PHASE III 6 weeks - 4 months</b>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Begin hamstring strengthening, advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac, begin running straight ahead at 12 weeks
<b>PHASE IV 4 - 6 months</b>	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills
<b>PHASE V 6 months and beyond</b>	Full	None	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance  At patient's discretion, a functional ACL brace can be used from 6 mo to 1 yr post-op

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

\*\*Avoid open chain quadriceps strengthening for first 4 months

\*\*\*This exercise is to be completed in a non-weight bearing position

\*\*\*\*NO hamstring stretching until 4 weeks post-operative