

Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction with
Bone-Patellar Tendon-Bone Allograft
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Phase I (Weeks 0-4)

- **Weight bearing:** 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** - MROM ~ AROM as tolerated
- **Therapeutic Exercises**
 - Quad/Hamstring sets and heel slides
 - Non-weight bearing stretch of the Gastroc/Soleus
 - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 4-6)

- **Weight bearing:** 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
 - Balance exercises
 - Progress to weight bearing stretch of the Gastroc/Soleus
 - Begin use of the stationary bicycle

Phase III (Weeks 6-16)

- **Weight bearing:** Full weight bearing
- **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)

- Continue with strengthening (quad/hamstring) and flexibility
- Begin cutting exercises and sport-specific drills
- Maintenance program for strength and endurance

Return to sports at 6 months