



# ADVANCED ORTHOPAEDIC SPECIALISTS



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## ACL PATELLAR TENDON AUTOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	Weight Bearing	Brace	Range of Motion	THERAPEUTIC EXERCISE
<b>PHASE I</b> 0 - 4 weeks	As tolerated with crutches*	<b>0-1 week:</b> Used for ambulation and sleeping  Discontinue use when patient has full extension, no extension lag, and can do 10 straight leg raises.	As tolerated  Begin CPM 0-40° advance to a total of 90° by week 1	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch***. <b>Avoid</b> supine straight leg raises.
<b>Phase II</b> 4 - 6 weeks	Gradually discontinue crutch use	None	Maintain full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
<b>Phase III</b> 6 weeks - 4 months	Full, without use of crutches and with a normalized gait pattern	Measure for functional brace	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead at 12 weeks
<b>Phase IV</b> 4 - 6 months	Full	Functional brace	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</b> 6 months and beyond	Full	Functional brace may be discontinued at one year	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance

\*Modified with concomitantly performed meniscus repair/transplantation

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

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