

# ACL Bone Patellar Tendon Bone Reconstruction Allograft / Autograft

## Rehabilitation Protocol

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Therapeutic Exercises</b>
<b>PHASE I 0-4 weeks</b>	As Tolerated with Crutches*	Week 1: locked in full extension for ambulation and sleeping  Weeks 1-4: unlocked for ambulation, remove for sleeping**	As Tolerated	Heel slides, Quad Hamstring 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, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
<b>PHASE III 6 weeks – 4 months</b>	Full without use of crutches and with a normalized gait pattern	None	Gain full ROM, pain free	Advance closed chain strengthening, progress proprioception activities, begin stairstepper and elliptical machine, 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</b>	Full	None	Full and pain free	Gradual return to sports participation, maintenance program for strength and endurance

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

\*\*Brace may be removed for sleeping after first postoperative visit at 7-10 days

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

Winslow Alford, MD  
Shoulder and Sports Medicine  
West Bay Orthopaedics  
120 Centerville Road  
Warwick, RI 02886  
Phone: 401-738-3730  
Fax: 401-738-3777  
www.westbayortho.com