**ACL AUTOGRAFT RECONSTRUCTION PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-2:**

• WBAT with brace locked in full extension; D/C crutches when comfortable

• Brace locked in full extension while ambulating and sleeping

• ROM as tolerated with emphasis on full extension

• Heel slides, quad sets, patellar mobilization, ankle pumps

• Straight leg raises (without brace only when able to perform without extension lag)

**\_\_\_\_\_\_Weeks 2-6:**

• Continue exercises from weeks 0-2

• Discontinue brace when patient has no extension lag and quad control for stable ambulation

• Focus on regaining full extension; goal ROM 0-125 deg

• Mini-squats, weight shifts, initiate step up program

• Closed chain knee extension stationary bike, weightbearing Achilles stretch

• Proprioceptive training

• Avoid tibial rotation

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Weeks 7-12:**

• Advance closed chain strengthening and bike exercises

• Normalize gait pattern

• Progressive squat program

• Initiate step down program

• Leg press and lunges (with body weight only initially)

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Months 3-6:**

• Begin forward running in straight line (no cutting/pivoting) when 8” stepdown adequate

• Progress strengthening and flexibility exercises

**\_\_\_\_\_\_Months 6-9:**

• Start polymetric exercises

• Start sport specific agility program

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_