

Rehabilitation Protocol:

ACL reconstruction - Autograft

	Weight Bearing And ROM	Brace Use	Therapeutic Elements
PHASE I 0 - 4 weeks	Weight bearing as tolerated (WBAT) with crutches ROM: Full extension by 2 wks. Advance flexion as tolerated. Goal of 0-120° by 4-6 wks. Use 1 crutch once brace unlocked, wean off both when no limp.	0 - 1 week: Locked in full extension for ambulation and sleep. 1 - 4 weeks: Unlocked for ambulation when good quad control, locked for sleep.	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc / soleus stretch (NWB). Prone hangs and extension board. SLR with brace locked in full extension until patient has no extension lag with SLR, then unlock brace. Start BFR.
4 - 6 weeks	Maintain full extension. Advance to full flexion as tolerated.	Brace unlocked. May remove for sleep.	Stationary bike. Weight bearing gastroc / soleus stretches, begin toe raises, closed chain extension, balancing exercises, hamstring curls. Continue BFR.
PHASE II 6 - 12 weeks	Full ROM.	Discontinue brace.	Advance closed chain strengthening, proprioceptive training. Stationary bicycle and elliptical for fitness. May start Alter G jogging at 10 wks.
PHASE III 12 - 16 weeks	Full ROM.	None.	Start straight ahead running progression. Continue to advance strengthening.
PHASE IV 4 - 6 months	Full ROM.	Fitting for custom playing brace.	Increase flexibility, forward backwards running, sports specific training, cutting. Sportsmetrics (plyometrics) jump and landing advanced strengthening program in brace. Objective (LEAP) testing done around 6 months to determine readiness. Goal >95%. Anticipated return to sport at 6-8 months.