



The Orthopaedic & Fracture Clinic

Anterior Cruciate Ligament Reconstruction Rehabilitation Protocol

Bone Tendon Bone Patellar Tendon Autograft

- Weight-bearing status:
 - Progression to full weight-bearing without crutches by 10 to 14 days.
- Use of post-operative brace:
 - Brace locked at 0 degrees extension during ambulation for two to three weeks.
 - Brace unlocked once good quadriceps control is demonstrated two to four weeks.
- P-AROM parameters:
 - Week one: 0 to 100 degrees PROM.
 - Week two: 0 to 120 degrees PROM.
 - Weeks three to six: 0 to 130 degrees AROM.

Exercise Program

Phase I (Weeks One – Four Post Op)

- Heel prop, quadriceps sets, four way SLRs, hamstring curls, heel slides, proprioception and closed kinetic chain exercises.
- Gait training to reestablish normal gait pattern.

Phase II (Weeks Four – Eight Post Op)

- Progress weights and sets for above exercises.
- Begin running program at week eight.
- Functional brace fitting per specific physician protocol and patient effusion/edema control.

Phase III (Weeks 9 – 12 Post Op)

- Begin controlled cutting and jumping activities.
- Return to sports participation between five to six months if return to play criteria is met.