

ACL w/ QUAD TENDON AUTOGRAFT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	Full in Brace	0-2 weeks: Locked in full extension for ambulation and sleeping 2-4 weeks: Unlocked for ambulation, may remove for sleeping	0-120 Ensure full extension achieved (leg completely straight)	Heel slides, quad/hamstring sets, patellar mobs, heel prop towel SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
PHASE II 4-12 weeks	Full	Discontinue at day 28 if patient has no extension lag	Work towards full flexion	Begin closed chain quad progression, balance exercises, hamstring curls, stationary bike, front and side planks; advance hip/core
PHASE III 12-16 weeks	Full	None	Full	Advance closed chain strengthening, master single-leg squat Progress proprioception activities Begin stairmaster, elliptical at 8 wks
PHASE IV 16-24 weeks	Full	None	Full	16 wks: Begin jogging program (1 min off, 1 min on, progress), agility exercises 20 wks: Begin jumping 22 wks: Advance to sprinting, backward running
PHASE V > 6 months	Full	Discuss ACL brace	Full and pain-free	Sports specific drills Begin cutting/pivoting/plyometrics Consider FSA Competitive sport at 9 months

*Modified to more restrictive protocol if meniscus repair/transplantation or articular cartilage procedure performed