

PATELLAR TENDON AUTOGRAFT ACL RECONSTRUCTION REHABILITATION PROTOCOL
BENEDICT FIGUERRES, MD

	WEIGHTBEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	0-2 weeks: Touch-down with crutches 2-4 weeks: Full in brace with emphasis on foot flat ambulation	0-2 weeks: Locked in full extension for ambulation and sleeping* 2-4 weeks: Unlocked for ambulation	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch, NMES to improve quad contraction, side-lying hip/core SLR w/ brace in full extension until quad strength prevents extension lag
PHASE II 4-12 weeks	Full	Discontinue at 4 weeks if patient has no extension lag	Full	Toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool
PHASE III 12-16 weeks	Full	None	Full	Advanced closed chain strengthening, progress proprioception activities, StairMaster, elliptical and running straight ahead
PHASE IV 16-24 weeks	Full	None	Full	16 wks: Begin jumping 20 wks: Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills 22 wks: Advance as tolerated RSE completed at 22 weeks**
PHASE V > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of RSE Maintenance program based on RSE

*May remove brace while sleeping after first postoperative visit 7-10 days after surgery

**Completion of RSE (Return to Sport Evaluation) not mandatory, but recommended at approximately 22 weeks post-op for competitive athletes returning to play after rehab

MD recheck at 7-10 days, 6 weeks, 4 months

Avoid NSAIDs until 4 weeks after surgery