

HAMSTRING AUTOGRAFT ACL RECONSTRUCTION REHABILITATION PROTOCOL

BENEDICT FIGUERRES, MD

	WEIGHTBEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	Touch-down weightbearing with crutches with strong emphasis on foot flat and full knee extension during stance phase	Locked in full extension for ambulation and sleeping*	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch, foot flat gait training, NMES to improve quad contraction SLR w/ brace in full extension until quad strength prevents extension lag
PHASE II 4-12 weeks	Full with progression to normal gait pattern	Discontinue at 4 weeks if patient has no extension lag	Maintain full extension and progressive flexion	Toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool
PHASE III 12-20 weeks	Full without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advanced closed chain strengthening, progress proprioception activities, StairMaster, elliptical and running straight ahead
PHASE IV 20-28 weeks	Full	None	Full and pain-free	20 wks: Begin jumping 24 wks: Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills 26 wks: Advance as tolerated RSE completed at 26 weeks**
PHASE V > 7 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 26 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