

Anterior Cruciate Ligament (ACL) Reconstruction with Allograft (Achilles, tibialis anterior, or bone-patellar-bone)

PHASE I (Weeks 0-4)

- **Weight Bearing:** As tolerated with crutches (may be modified if concomitant meniscal repair/meniscal transplant or articular cartilage procedure is performed)
- **Hinged Knee Brace:**
 - Locked in full extension for ambulation and sleeping (**weeks 0-1**)
 - Unlocked for ambulation and removed while sleeping (**weeks 1-4**)
- **Range of Motion** – AAROM → AROM as tolerated
- **Therapeutic Exercises:**
 - Quad/Hamstring sets and heel slides
 - Non-weightbearing stretch of the Gastroc/Soleus
 - Straight leg raise with brace in full extension until quad strength prevents extension lag

PHASE II (Weeks 4-12)

- **Weight Bearing:** As tolerated—discontinue crutch use
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion** – Maintain full knee extension – work on progressive knee flexion
- **Therapeutic Exercises:**
 - Quad/Hamstring sets and heel slides
 - Non-weightbearing stretch of the Gastroc/Soleus
 - Straight leg raise with brace in full extension until quad strength prevents extension lag

PHASE III (Months 3-10)

- **Weight Bearing:** Full weightbearing
- **Range of Motion** -- Full/painless ROM
- **Therapeutic Exercises:**
 - Advance closed chain strengthening exercises, proprioception activities
 - Begin use of the Stairmaster/Elliptical
 - **Can start straight ahead running at 3 months**

PHASE IV (Months 10-12)

- Continue with strengthening (quad/hamstring) and flexibility
- Begin cutting exercises and sport-specific drills
- Maintenance program for strength and endurance
- **Return to sports at 10 months**