

## **Anterior Cruciate Ligament (ACL) Reconstruction with Hamstrings Autograft**

### **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
  - **No hamstring stretching until 4 weeks post-op**

### **PHASE II (Weeks 3-12)**

- **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:**
  - Closed chain extension exercises
  - Hamstring stretching, toe raises, balance exercises
  - Progress to weightbearing stretch of the Gastroc/Soleus
  - Begin use of stationary bicycle

### **PHASE III (Months 3-8)**

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

### **PHASE IV (Months 8-10)**

- Continue with strengthening (quad/hamstring) and flexibility
- Begin cutting exercises and sport-specific drills
- Maintenance program for strength and endurance
- **Return to sports at 10-12 months**