



The Orthopaedic & Fracture Clinic

Anterior Cruciate Ligament Rehabilitation Protocol

Hamstring Autograft

- Weight-bearing status:
 - Progression to full weight-bearing without crutches by 10-14 days.
- Use of postoperative brace:
 - Brace locked at 0 degrees extension for ambulation until week two – three. Then unlocked 0 to 125 degrees until week five – six. Must demonstrate good quadriceps control and full knee extension to unlock the brace and allow weight-bearing unassisted.
- P-AROM parameters:
 - Week one: 0 to 90 degrees PROM.
 - Week two: 0 to 105 degrees PROM.
 - Week three: 0 to 115 degrees PROM.
 - Week four: 0 to 130 degrees PROM.
 - Weeks five – seven: 0 to 130 degrees AROM.

Exercise Program

Phase I (Weeks One – Four Post Op)

- Quadriceps sets, three way SLRs, heel prop, heel slides, proprioception exercises and closed kinetic chain exercises.
- Delay hamstring strengthening until four weeks after surgery.

Phase II (Weeks Four – Eight Post Op)

- Progress weights and sets for above exercises.
- At week five begin submaximal isometric strengthening for the hamstring
- Progress to light resistance strengthening, isotonic at week six – eight.

Phase III (Weeks 9 – 16 Post Op)

- Progress to running program, controlled jumping at 12 weeks, controlled cutting at 16 weeks.
- Return to sports participation at five – six months if return to play criteria is met.