Anterior Cruciate Ligament Rehabilitation Protocol

Hamstring Autograft

• Weight-bearing status:
  o Progression to full weight-bearing without crutches by 10-14 days.

• Use of postoperative brace:
  o 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:
  o Week one: 0 to 90 degrees PROM.
  o Week two: 0 to 105 degrees PROM.
  o Week three: 0 to 115 degrees PROM.
  o Week four: 0 to 130 degrees PROM.
  o 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.