

ACL Reconstruction with Hamstring Autograft

Date of Surgery: _____

Weight Bearing

- ☐ NWB x _____ wks
☐ TDWB x _____ wks
☐ PWB ____% x _____ wks
☐ WBAT
☐ Brace Locked in Ext x _____ wks

ROM

- ☐ Full ROM
☐ Locked full ext x _____ wks
☐ Locked at _____° x _____ wks
☐ ROM limits
 _____° to _____° x _____ wks
 _____° to _____° x _____ wks
 _____° to _____° x _____ wks
 _____° to _____° x _____ wks

CPM

- ☐ _____° to _____° x _____ wks
☐ 30-70° ↑ 10°/d @ dir
☐ None

☐ Recommended Clinical Guidelines

WB: WBAT
Brace: 0-90 with ambulation
 weeks 0-2
ROM: As tolerated

☐ Precautions

Weeks 0-2:

- WBAT, d/c crutches when comfortable
- Brace 0-90 while ambulating, otherwise ROM as tolerated
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

Weeks 3-6:

- Continue exercises from weeks 0-2
- D/c brace when patient has no extension lag and quad control enough for stable ambulation
- Focus on regaining full extension; goal ROM 0-125 degrees
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training

Weeks 7-12:

- Advance closed chain strengthening and bike exercises
- Normalize gait pattern
- Progressive squat program
- Initiate step down program
- Leg press and lunges (start initially with body weight only)

Months 3-4:

- Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate
- Progress strengthening and flexibility exercises

Months 4-6:

- Start plyometric exercises
- Start sports specific agility program
- Return to sports anticipated at 6 months following surgery

