



ACL Hamstring Autograft Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	As tolerated with crutches	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation when quad returns.	0-1 week: Begin heelslides, 0-90° max 1-4 weeks: ROM as tolerated	Heelslides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/brace in full extension until quad strength prevents extension lag
PHASE II 4-12 weeks	Full, progressing to normal gait pattern	Discontinue at 4-6 weeks when quad control improved and no extensor lag with SLR	Maintain full extension and progress flexion	Progress Phase I Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool
PHASE III 12-16 weeks	Full	None	Full	Advance closed chain strengthening, progress proprioception activities Begin stairmaster, elliptical and running straight ahead
PHASE IV 16-24 weeks	Full	None	Full	16 wks: Begin jumping 20 wks: Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
PHASE V >6 months	Full	None	Full	Gradual return to sports and sport specific activities. Likely return to play 7-9 months when clears functional assessments