



## ACL Patellar Tendon Autograft Protocol

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