

ACL Repair with BEAR Implant Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	Partial WB (up to 50%) with use of crutches	0-4 weeks: Locked in full extension for ambulation and sleeping	24 hours: 0° 0-2 weeks: 0-30° 2-4 weeks: 0-60°	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch, double toe and heel raise Side-lying hip/core
PHASE II 4-7 weeks	Progress to WBAT	4-6 weeks: Unlocked for ambulation when quad returns, locked in full extension for sleep	4-6 weeks: 0-90°	Progress Phase I SLR w/ brace in full extension until quad strength prevents extension lag Ankle pumps Prone leg hangs Begin stairmaster training to prep for crutch d/c
PHASE III 7-12 weeks	Full	Unlocked for ambulation, use during closed chain activities	Progress to full	Mini squats, hamstring curls, side-lying hip adduction/abduction, stairmaster, stationary bike, aqua jogging at 8 weeks post-op
PHASE IV 12-20 weeks	Full	None	Full	Closed chain strengthening (step ups, leg press), neuromuscular training, stationary bike, elliptical 18 weeks: Begin straight line running
PHASE V 20-30 weeks	Full	None	Full	Progress closed chain strengthening, double leg jumping, progress proprioception activities

Phase VI 30-36 weeks	Full	None	Full	Initiate plyometrics and sport-specific drills, advance running to 75% speed, shuffling/carioca/vertical jumps
Phase VII 36-52 weeks	Full	None	Full	Interval training programs, change of direction, sprinting, sport-specific activities, return to play when clears functional assessments

*No scar massage until 6 weeks after surgery

**No manual PROM during any point in the protocol/rehabilitation