



## ACL Reconstruction with Quad Tendon Autograft Protocol

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	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
<b>Phase I</b> 0-4 weeks	As tolerated with crutches	0-1 wk: Locked in full extension for ambulation and sleep.  After 1 week: Unlocked for all activities.	As tolerated. Work towards full extension.	Prone hangs-focusing on full extension. Heel slides, hamstring sets, patellar mobs, gastroc/soleus stretches, therapist assisted eccentric Quad SLR, start concentric once there is no extensor lag. NMES for quad activation. May do BFRT
<b>Phase II</b> 5-12 weeks	Full, progressing to normal gait pattern.	On at work/school. Off at home or while sleeping.	Gain full extension and progressive flexion.	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side plank, hip/glute/core and pool.
<b>Phase III</b> 13wks-16wks	Full	May stop brace once PT feels quads are toned & reactive	Full ROM	Advance closed chain strengthening, progress proprioception activities. Begin stairmaster, elliptical & running straight ahead.
<b>Phase IV</b> 4-6 months	Full	None Custom ACL brace for athletes	Full ROM	Begin jumping <b>Week 20:</b> running to sprinting, backward running, cutting/pivoting and plyometrics.
<b>Phase V</b> >6 months	Full	Custom ACL brace for sports	Full ROM	Gradual return to sports participation after FSA (functional sports assessment).

\* Modified or different protocol with concomitant meniscal repair or cartilage restoration/osteotomy procedure.