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REHAB PROTOCOL: ACL Reconstruction with Bone-Patella Tendon-Bone Autograft and Meniscal Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-4)

Weightbearing: As tolerated with crutches (unless specified in comment section)

Hinged Knee Brace:

- Locked in full extension for ambulation and sleeping (**Weeks 0-1**)
- Unlocked for ambulation and removed while sleeping (**Weeks 1-4**)

Range of Motion – AAROM → AROM. NO FLEXION GREATER THAN 90 DEG

Therapeutic Exercises

- Quad/Hamstring sets
- Heel slides
- Non-weightbearing stretch of the Gastroc/Soleus
- Straight-Leg Raise with brace in full extension until quad strength prevents extension lag
- No deep bends for 4 months

Phase II (Weeks 4-6)

Weightbearing: As tolerated -- discontinue crutch use

Hinged Knee Brace: Discontinue brace use when patient has achieved full extension with no evidence of extension lag

Range of Motion – Maintain full knee extension – work on progressive knee flexion

Therapeutic Exercises

- Closed chain extension exercises
- Hamstring curls

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- Toe raises
- Balance exercises
- Progress to weightbearing stretch of the Gastroc/Soleus
- Begin use of the stationary bicycle

Phase III (Weeks 6-16)

Weightbearing: Full weightbearing

Range of Motion – Full/Painless ROM

Therapeutic Exercises

- Advance closed chain strengthening exercises, proprioception activities
- Begin use of the Stairmaster/Elliptical
- **Can Start Straight Ahead Running at 12 Weeks**

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____