

ACL RECONSTRUCTION PROTOCOL

HAMSTRING GRAFT

PATELLAR TENDON GRAFT

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Date of surgery _____

PRE-OP

Evaluate and instruct in ROM, SLR, theraband, use of ice and crutch training
Goals: increase ROM and quad control, decrease pain and swelling

POST-OP (out patient PT 3x/week)

Days 2-7

1. Immobilizer
2. Hamstring graft NWB
Patellar tendon graft toe touch weight bearing
3. Quad and hamstring sets (biofeedback and e-stim as needed)
4. SLR x 4
5. Theraband ankle exercises
6. Seated knee flexion, heel slides, suspended extension, and prone hang
7. Ice and e-stim for pain and swelling

Days 8-14

1. Immobilizer
2. Hamstring graft NWB
Patellar tendon graft toe touch weight bearing
3. Continue above exercises
4. Patellar mobs
5. Bike with uninvolved extremity
6. Continue modalities as needed

Days 15 - 21

1. Measure for functional brace on day 21
2. Sutures removed
3. Stationary bike if 110 degrees of flexion
4. Hamstring graft NWB
Patellar tendon graft 25% PWB after day 21
5. Continue above exercises
6. Continue modalities as needed

Days 22-28

1. Functional brace
2. Patellar tendon Graft FWB day 28
Hamstring graft 25% PWB day 28
3. Continue above exercises
4. Continue modalities as needed

Days 29-35

1. Functional brace
2. Patellar Tendon Graft
 - Standing balance drills
 - 4 way theraband, closed chain TKE
 - Wall sits
 - Standing calf raises
 - Treadmil walking
3. Hamstring Graft FWB at day 35

Days 36 - 49

1. Functional brace
2. Patellar tendon graft and Hamstring graft
 - Standing balance drills
 - 4 way theraband, closed chain TKE
 - Wall sits
 - Standing calf raises
 - Multi hip / Multi column
 - Treadmil
3. Patellar tendon graft
 - Leg press (0-90 degrees)
 - Leg Curl
 - Step ups forward, lateral, reverse
4. Continue above exercises
5. Continue modalities as needed

Days 50 - 3 months

1. Functional brace
2. Patellar tendon and hamstring graft
 - Standing balance drills
 - 4 way theraband, closed chain TKE
 - Wall sits
 - Standing calf raises on leg press
 - Multi hip / Multi column
 - Leg press (0-90 degrees)
 - Leg Curl
 - Step ups forward, lateral, reverse
 - Treadmill walking
3. Lunges

3 Months

1. Continue above exercises
2. Leg extension with terminal 45 degree block
3. Treadmill jogging
4. Side stepping on treadmill
5. Single leg balance drills

6 Months

1. Continue above exercise
2. Initiate agility drills- figure 8's, cariocas, lateral shuffles, etc
3. Initiate plyometric drills