



Post-Operative Rehabilitation for ACL Reconstruction with Hamstring Autograft

Phase I

- 0-4 Weeks: (***Emphasis on ROM and pain/swelling control***)
- Typically minimal activities for first 7 days post-op to minimize swelling.
- Ice nearly continuously for first 2 weeks, and frequently thereafter
- Weight bearing as tolerated, however up only for bathroom/eating for first several days post-op
- Crutches are used until quad control and gait normalize (no extensor lag). No brace is typically used.
- ROM: Unrestricted range of motion when no meniscus repair is performed.
- Emphasis is on regaining full terminal extension including hyperextension symmetric to contralateral leg
 - ***Goal is symmetric extension (including hyperextension) and at least 90° flexion by 2 weeks***
- Heel props, Heel slides (5 times/day for 10 min, each)
- SLR supine, quad sets, prone hangs
- Ankle Pumps, calf stretching, patellar mobilization
- May progress to step up/down quad exercises if motion and swelling allow

Phase II

- 4-8 Weeks (***Maintain ROM and progress strengthening***)
- ROM Goal: Full symmetric extension and at least 125 degrees flexion by week 6
- Standard ergometry (when knee ROM > 115 degrees)
- Leg Press (80-0 degree arc)
- Mini Squats / Weight Shifts
- Progress with step up/down exercises (low intensity, high repetition: 50 reps, 6x/day)
 - Must have good technique before height is progressed
- Proprioception training
- Core/hip/glute exercises
- Avoid Tibial Rotation until 6 weeks
- Stationary bike, Pool exercises

Phase III (Advance strengthening phase)

- 8-12 Weeks:
- Maintain full knee ROM (must be symmetric to contralateral side by this phase)
- Minimize swelling
- Progressive Squat program
- Leg Press, Lunges
- Bike, Stair master, Elliptical trainer, Retrograde treadmill ambulation

Phase IV (Advance sport specific exercises)

- 12-22 weeks:
- Begin forward running (treadmill) program when 8” step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program
 - Recommend every other day rest and monitor for swelling/pain.

Phase V (Return to sports)

- 16-22 weeks: PENDING MD APPROVAL
- Strength maintenance
- Advance Plyometric program