

# ACL PATELLAR TENDON AUTOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL+ MICROFRACTURE

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
<b>PHASE I</b> <b>0 - 4 weeks</b>	TTWB 6 weeks crutches*	<b>0-1 week:</b> locked in full extension for ambulation and sleeping <b>1-4 weeks:</b> unlocked for ambulation, remove for sleeping**	0-90 degrees	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch***, SLR with brace in full extension until quad strength prevents extension lag
<b>PHASE II</b> <b>4 - 6 weeks</b>	TTWB	Discontinue use when patient has full extension and no extension lag	Maintain full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
<b>PHASE III</b> <b>6 weeks - 4 months</b>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead at 12 weeks
<b>PHASE IV</b> <b>4 - 6 months</b>	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward/ backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills
<b>PHASE V</b> <b>6 months and beyond</b>	Full	None	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance

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\*\*Brace may be removed for sleeping after first post-operative visit

\*\*\*This exercise is to be completed in a non-weight bearing position