

ACL PATELLAR TENDON AUTOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL+ MICROFRACTURE

| | WEIGHT BEARING | BRACE | ROM | THERAPEUTIC EXERCISES |
|---|--|---|---|--|
| PHASE I 0 - 4 weeks | TTWB 6 weeks crutches* | 0-1 week: locked in full extension for ambulation and sleeping 1-4 weeks: 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 |
| PHASE II 4 - 6 weeks | 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 |
| PHASE III 6 weeks - 4 months | 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 |
| PHASE IV 4 - 6 months | 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 |
| PHASE V 6 months and beyond | 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