



**Kevin B. Freedman, M.D.**  
 Sports Medicine  
 825 Old Lancaster Rd, Suite 200  
 Bryn Mawr, PA 19010-3470  
 Phone: (800) 321-9999  
 Fax: (267) 479-1321

## ACL ALLOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISES</b>
<b>PHASE I 0 - 2 weeks</b>	As tolerated with crutches	<b>0-2 weeks:</b> locked in full extension for ambulation and sleeping	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, prone hangs, gastroc/soleus stretch***, SLR with brace in full extension until quad strength prevents extension lag
<b>PHASE II 2 - 6 weeks</b>	Discontinue crutch use	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 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 <b>begin running straight ahead at 12 weeks</b>
<b>PHASE IV 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 May add open chain quad exercises
<b>PHASE V 6 months and beyond</b>	Full	None	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance At patient's discretion, a functional ACL brace may be used from 6 mo to 1 yr post-op

If meniscal repair, patient is WBAT locked in full extension x 4 weeks. NWB may unlock brace ROM 0-90 degrees x 4 weeks.

\*\*Avoid open chain quadriceps strengthening for first 4 months

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