



# ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION WITH BONE-PATELLAR TENDON-BONE ALLOGRAFT Physical Therapy Protocol

Patient Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

**Procedure:** Right/Left ACL Reconstruction with Patellar Allograft

**Associated Procedure (circled if applicable):** Meniscectomy/Meniscal Repair

\_\_\_\_ Evaluate and Treat – no open chain or isokinetic exercises

\_\_\_\_ Provide patient with home exercise program

**Frequency:** \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

## \_\_\_\_\_ **Phase I (0-4 weeks):**

- **Weight Bearing:** As tolerated with crutches.
- **Brace:** 0-1 week: Locked in full extension for ambulation and sleeping.  
1-4 weeks: Unlocked for ambulation, remove for sleeping.\*\*
- **ROM:** As tolerated.
- **Exercises:** Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch.  
SLR w/ brace in full extension until quad strength prevents extension lag.  
Side lying hip/core.

## \_\_\_\_\_ **Phase II (4-12 weeks):**

- **Weight Bearing:** Full, progressing to normal gait pattern.
- **Brace:** Discontinue at day 28 if patient has no extension lag.
- **ROM:** Main full extension and progressive flexion.
- **Exercises:** Progress to weight bearing gastroc/soleus stretch.  
Begin toe raises, closed chain extension, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks.

## \_\_\_\_\_ **Phase III (12-16 weeks):**

- **Weight Bearing:** Full, without use of crutches and with a normalized gait pattern.
- **Brace:** None.
- **ROM:** Gain full and pain-free.
- **Exercises:** Advance closed chain strengthening.  
Progress proprioception activities.  
Begin stairmaster, elliptical and running straight ahead at 12 weeks, hip/core, pool.

\_\_\_\_\_ **Phase IV (16-24 wks):**

- **Weight Bearing:** Full.
- **Brace:** None.
- **ROM:** Full and pain-free.
- **Exercises: 16 weeks:** Begin jumping.

**20 weeks:** Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills.

**22 weeks:** Advance as tolerated FSA completed at 22 weeks.\*\*\*

\_\_\_\_\_ **Phase V (>6 months):**

- **Weight Bearing:** Full.
- **Brace:** None.
- **ROM:** Full and pain-free.
- **Exercises:** Gradual return to sports participation after completion of FSA.

Maintenance program based on FSA.

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

\*\*\*Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx 22 weeks post-op for competitive athletes returning to play after rehab

**NOTE:** if a meniscal repair was done simultaneously, please amend the above with the following restrictions:

- WBAT with brace limited to 0-90 degrees x 4 weeks
- Limit ROM 0-90 degrees x 4 weeks
- No tibial rotation x 4 weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient \_\_\_\_\_ would \_\_\_\_\_ would not benefit from social services.

Physician Name: \_\_\_\_\_ Date: \_\_\_\_\_