



## ACL PATELLAR TENDON ALLOGRAFT RECONSTRUCTION

### Rehab Protocol

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-4 weeks	As tolerated with 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**	As tolerated	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
<b>PHASE II</b> 4-12 weeks	Full, progressing to normal gait pattern	Discontinue at day 28 if patient has no extension lag	Main full extension and progressive flexion	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
<b>PHASE III</b> 12-16 weeks	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, elliptical and running straight ahead at 12 weeks, hip/core, pool
<b>PHASE IV</b> 16-24 weeks	Full	None	Full and pain-free	<b>16 wks:</b> Begin jumping  <b>20 wks:</b> Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills  <b>22 wks:</b> Advance as tolerated FSA completed at 22 wks***
<b>PHASE V</b> > 6 months	Full	None	Full and pain-free	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 wks post-op for competitive athletes returning to play after rehab



OkorohaPA@gmail.com



37000 Woodward  
Ave., Ste.300,  
Bloomfield Hills, MI  
248-952-9200

14500 Hall Rd.,  
Sterling Hgts. MI  
48313  
586-247-3714



Secretary  
313-651-1926