

PT PROTOCOL

Anterior Cruciate Ligament (ACL) Reconstruction — Allograft

Rehabilitation Protocol

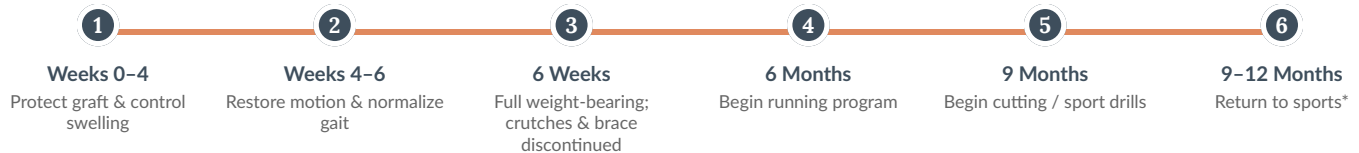
Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing may be modified if a concomitant procedure (e.g., meniscal repair, meniscal transplant, or articular cartilage procedure) was performed. Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Brace / precautions: _____



*Timing varies by sport — milestones above are goals, not guarantees; progression is criterion-based.

Phase 1 Weeks 0-4

Weight-Bearing: As tolerated with crutches (modified if a concomitant meniscal repair, meniscal transplant, or articular cartilage procedure was performed).

Brace: Hinged knee brace, locked in full extension for ambulation and sleeping (weeks 0-2); unlocked for ambulation and removed for sleeping (weeks 2-6).

Range of Motion: Active-assisted range of motion (AAROM), progressing to active range of motion (AROM) as tolerated.

Therapeutic Exercises

- Quad and hamstring sets, and heel slides.
- Non-weight-bearing stretch of the gastrocnemius and soleus.
- Straight leg raises with brace locked in full extension, until quad strength prevents an extension lag.

Phase 2 Weeks 4-6

Weight-Bearing: As tolerated; discontinue crutches at 6 weeks.

Brace: Discontinue at 6 weeks once the patient has achieved full extension with no evidence of extension lag.

Range of Motion: Maintain full extension; work on progressive knee flexion.

Therapeutic Exercises

- Closed-chain extension exercises.
- Hamstring curls, toe raises, balance exercises.
- Progress to weight-bearing stretch of the gastrocnemius and soleus.
- Begin stationary bicycle.

Phase 3

Weeks 6–16

Weight-Bearing: Full.

Range of Motion: Full and painless.

Therapeutic Exercises

Running is deferred until approximately 6 months for allografts, given slower graft incorporation (see Phase 4).

- Begin hamstring strengthening.
- Advance closed-chain strengthening exercises and proprioception activities.
- Begin stairmaster / elliptical.

Phase 4

Months 4–9

Range of Motion: Full and painless.

Therapeutic Exercises

- Continue quad and hamstring strengthening and flexibility work.
- Begin a walk/jog running progression at approximately 6 months.
- Begin cutting exercises and sport-specific drills at approximately 9 months.
- Maintenance program for strength and endurance.