



ACL Patellar Tendon Autograft Reconstruction Rehabilitation Protocol

progression to the next phase should only be completed once patients have passed the goals of their current phase

General return to cutting / pivot sports @ **12 months** if functionally & mentally prepared

	Brace	Weight Bearing	ROM	Exercises
0-2 weeks*	IF provided, wear at night (x1 week) and while mobilizing, until adequate quads control (SLR with NO lag)	Weight bear as tolerated with crutches	As tolerated. Focus on regaining full extension	Ankle pumps, quad sets (isometrics), SLR (in brace until no lag), patellar mobilizations, heel slides, hamstring isometrics
2-4 weeks	As above	Wean to 1 crutch, then none when adequate quads control & full extension ROM	As tolerated	As above
4-6 weeks	Discontinue / wean from brace, or completely unlock.	Full weight bearing	Maintain full extension & progressive flexion	Initiate closed chain kinetic rehab, stationary bike for ROM, step-ups, balance exercises
6-12 weeks	N/A	FWB & Normal gait pattern progression	FULL	Progress closed-chain exercises, lunges, stationary bike, eccentric quad work, hamstring, calf raises, Stairmaster
12 weeks – 6 months	N/A	As above	FULL	Single leg strengthening, initiate in-line running & plyometrics, sport specific agility drills (4 months+)
6+ months	N/A	As above	FULL	Maintain & progress strength and endurance