



Physical Therapy Protocol – ACL Reconstruction with Hamstring Autograft

Diagnosis: R / L ACL with hamstring tendon autograft

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks

Weeks 0-4: *period of protection, decrease edema, activate quadriceps*

- **Weight bearing:** as tolerated with crutches with goal of discontinuing crutches by 10 days
- **Hinged Knee Brace:**
 - o Weeks 0-1: locked in full extension for ambulation and sleeping
 - o Weeks 1-4: unlocked for ambulation, remove while sleeping
- **Range of Motion:** AAROM → AROM as tolerated
- **Therapeutic Exercises:** patellar mobilization, quad sets, heel slides, non-weight bearing gastric/soleus stretching, straight leg raises with brace in full extension until quad strength prevents extension lag, **no hamstring stretching until 4 weeks post op**
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 4-6:

- **Weight bearing:** full, painless
- **Hinged Knee Brace:** discontinue at 4 weeks if quad control adequate, no extension lag
- **Range of Motion:** maintain full knee extension, work on progressive knee flexion
- **Therapeutic Exercises:** patellar mobilization, quad/hamstring sets, heel slides, non-weight bearing gastric/soleus stretching, straight leg raises with brace in full extension until quad strength prevents extension lag, begin stationary bicycle with seat high to focus on knee extension, hip/glute/core, hamstring curls
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 6-16:

- **Range of Motion:** full, painless
- **Therapeutic Exercises:** advance closed chain strengthening exercises and proprioception activities, begin Stairmaster/elliptical at **8 weeks**, straight ahead running permitted at **12 weeks**, hip/glute/core, pool
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

Weeks 16-24: Gradual return to athletic activity

- **Therapeutic Exercises:**
 - o **16 weeks:** begin jumping
 - o **20 weeks:** advance to sprinting, backward running, cutting/pivoting/changing direction
 - o **24 weeks:** consider functional sports assessment

>6 months: gradual return to sports, maintenance program