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Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction with Bone-Patellar Tendon-Bone Allograft

Name:	Date:
Diagnosis:	Date of Surgery:
Phase I (Weeks 0-4)	
 Weightbearing: As tolers modified if concomitant m Hinged Knee Brace: Locked in full exte Unlocked for ambite Range of Motion – AARO: Therapeutic Exercises Quad/Hamstring steen Non-weightbearing Straight-Leg Raise Phase II (Weeks 4-6) Weightbearing: As tolers extension lag Range of Motion – Maint Therapeutic Exercises Closed chain extended the control of the control o	sets and heel slides ag stretch of the Gastroc/Soleus with brace in full extension until quad strength prevents extension lag ated discontinue crutch use continue brace use when patient has achieved full extension with no evidence of tain full knee extension – work on progressive knee flexion asion exercises thearing stretch of the Gastroc/Soleus
Phase III (Weeks 6-16)	
Weightbearing: Full w	
• Range of Motion – Full/P	ainless ROM
 Begin use of the St Can Start Straigh Phase IV (Months 4-6) Continue with street Begin cutting exert 	tain strengthening exercises, proprioception activities tairmaster/Elliptical t Ahead Running at 12 Weeks engthening (quad/hamstring) and flexibility rcises and sport-specific drills gram for strength and endurance at 6 months
Frequency: times per wee Signature:	ek Duration: weeks Date: