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BARRINGTON
Orthopedic Specialists

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Rehabilitation Protocol:

ACL Reconstruction - Standard

	Weight Bearing/ROM	Brace Use	Therapeutic Elements
PHASE I 0 – 4 weeks	As tolerated (WBAT) and AAROM/AROM as tolerated May d/c crutches when walking with normal gait Goal full extension by 2 weeks	Locked in extension for ambulation and sleeping Remove for exercises	Heel slides Quad and hamstring sets Patella mobilization Gastroc-soleus stretches Straight leg raises Prone hangs Modalities as needed (stim, heat before, ice after)
4 – 6 weeks	WBAT Progress to unassisted ambulation Progression of flexion to 120° by 4-6 weeks	Discontinue brace when patient has full active extension and no extension lag	As above but may add: Bike for ROM Closed chain extension, hamstring curls Mini squat (0-45°) Balance exercises
PHASE II 6 weeks – 4 months	Goal full painless ROM by 8-10 weeks	Discontinue brace when patient has full active extension and no extension lag	Advance closed-chain strengthening and proprioception (single leg eccentric presses, wall/vertical squats) 8 weeks: elliptical, stairmaster 3 months: start straight ahead running program
PHASE III 4 - 6 months	Full unrestricted motion	Consider fitting for custom playing brace	Gradual return to athletic activity 4 months: jumping 5 months: sprinting, backwards running, cutting and pivoting 6 months and beyond: functional sports assessment and program maintenance