

# roc

reno orthopedic center

## ACL HAMSTRING AUTOGRAFT PROTOCOL

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-2:

- WBAT, d/c crutches when comfortable
- Brace 0-90 for ambulating, otherwise ROM as tolerated
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

\_\_\_\_ Weeks 3-6:

- Continue exercises from weeks 0-2
- D/c brace when patient has no extension lag and quad control enough for stable ambulation
- Focus on regaining full extension; goal ROM 0-125 degrees
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training

\_\_\_\_ Weeks 7-12:

- Advance closed chain strengthening and bike exercises
- Normalize gait pattern
- Progressive squat program
- Initiate step down program
- Leg press and lunges (start initially with body weight only)

\_\_\_\_ Months 3-4:

- Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate
- Progress strengthening and flexibility exercises

\_\_\_\_ Months 4-6:

- Start plyometric exercises
- Start sports specific agility program

Signature \_\_\_\_\_

Date: \_\_\_\_\_