

ACL Reconstruction - Hamstring Protocol - Autograft

Name _____ Today's Date _____

Diagnosis _____ Surgery Date _____

Frequency: 1 2 3 4 5 times/week

Duration: 1 2 3 4 5 6 weeks

Side: R / L

Evaluate only Provide home exercise program (HEP)

Evaluate and Treat

PHASE 1: Period of protection; Weeks 0 - 4

- Range-of-motion as tolerated; Obtain full extension
- Weight-bearing as tolerated with crutches*
- Brace locked in extension while ambulating and sleeping (0 - 10 days)
- Brace unlocked while ambulating and off while sleeping (10 - 28 days)

Therapeutic Exercise

Patellar mobs, SLR with brace locked in extension until no extensor lag, heel slides, quad/hamstring sets**, NWB heel cord stretch, ankle pumps

PHASE 2: Weeks 4 - 6

- Weight-bearing as tolerated, wean off crutches
- Discontinue brace once full extension and no extensor lag
- Progress to full flexion

Stationary bike, closed-chain extension, toe raises, progress to WB heel cord stretch, hamstring curls, begin core work

PHASE 3: Weeks 6 - 12

- Full weight-bearing without crutches, full motion
- Normal gait

Advance closed-chain strengthening, squats, leg press, lunge, progress proprioception, StairMaster, NordicTrac, continue core strengthening

PHASE 4: Weeks 12 - 26

- Full weight-bearing without crutches, full motion
- Normal gait

Begin straight-line running (forward, backward), begin plyometric program, may begin cutting and sport-specific training if MD cleared

PHASE 5: Beyond 6 months

- Gradual return to competitive sport
- Maintenance strengthening, flexibility

Sport-specific training, maintenance strengthening for core, hip abduction, hip extension, quads, hamstring, gastroc, flexibility, plyometrics, proprioception

Comments:

Modalities: ___ Per therapist ___ Electrical Stimulation ___ Ultrasound ___ Heat before/after ___ Ice before/after

___ Aquatherapy ___ Massage ___ Trigger points ___ ART (Active release techniques) Other _____

Signature _____ Date _____

*Modified if concurrent meniscus repair, meniscus transplantation, articular cartilage repair, and/or osteotomy

**No hamstring stretching until 4 weeks post-operative