

Dr Craig Chike Akoh, M.D
ACL PATELLAR TENDON RECONSTRUCTION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-4 weeks	As tolerated with crutches*	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation, remove for sleeping**	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side lying hip/core
<i>PHASE II</i> 4-12 weeks	Full, progressing to normal gait pattern	Discontinue at day 28 if patient has no extension lag	Main full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch Begin toe raises, closed chain extension, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks
<i>PHASE III</i> 12-16 weeks	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks, hip/core, pool
<i>PHASE IV</i> 16-24 weeks	Full	None	Full and pain-free	16 wks: Begin jumping 20 wks: Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills 22 wks: Advance as tolerated FSA completed at 22 wks

<i>PHASE V</i> > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA
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Dr. Craig Chike Akoh, MD
ACL PATELLAR TENDON RECONSTRUCTION WITH ALL INSIDE MENISCAL REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-4 weeks	0-2 wks Partial WB with crutches 2-4 wks full in brace unlocked 0-90	0-2 week: Locked in full extension for ambulation and sleeping 3-4 weeks: Unlocked 0-90 ° Off at night	0-2 wks: 0-90° when non-weight bearing 2-8wk: as tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core No weight bearing with flexion >90°
<i>PHASE II</i> 5-12 weeks	4-8 weeks: Full WB	Discontinue brace at 6 weeks (only if patient has good quad control)	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90° 8-12wk: Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 °, proprioception exercises, balance/core/hip/glutes