



# ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION WITH BONE-PATELLAR TENDON-BONE ALLOGRAFT

## PHYSICAL THERAPY PROTOCOL

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**Patient Name:** \_\_\_\_\_

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

**Procedure:** Right/Left ACL Reconstruction with Patellar Allograft

**Associated Procedure** (circled if applicable): Meniscectomy/Meniscal Repair

Evaluate and Treat – no open chain or isokinetic exercises

Provide patient with home exercise program

**Frequency:** \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b>	As tolerated with crutches*	<b>0-1 week:</b> Locked in full extension for	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch



0-4 weeks		ambulation and sleeping  <b>1-4 weeks:</b> Unlocked for ambulation, remove for sleeping**		SLR w/ brace in full extension until quad strength prevents extension lag  Side lying hip/core
<b>PHASE II</b> 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
<b>PHASE III</b> 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
<b>PHASE IV</b> 16-24 weeks	Full	None	Full and pain-free	<b>16 wks:</b> Begin jumping  <b>20 wks:</b> Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills  <b>22 wks:</b> Advance as tolerated FSA completed at 22 wks***
<b>PHASE V</b> > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA  Maintenance program based on FSA

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

\*\*\*Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx 22 wks post-op for competitive athletes returning to play after rehab

**\*\*\*Note: if a meniscal repair was done simultaneously, please amend the above with the following restrictions:**



- WBAT with brace limited to 0-90 degrees x 4 weeks
- Limit ROM 0-90 degrees x 4 weeks
- No tibial rotation x 4 weeks

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_

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

**Bryan M. Saltzman, MD**