

Bonnie P. Gregory, MD
ACL QUADRICEPS TENDON RECONSTRUCTION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-4 weeks</i>	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> <i>4-12 weeks</i>	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> <i>12-16 weeks</i>	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> <i>16-24 weeks</i>	Full	None	Full and pain-free	16 weeks: Begin jumping 20 weeks: Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills 22 weeks: Advance as tolerated FSA completed at 22 weeks
<i>PHASE V</i> <i>> 6 months</i>	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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