

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### ACL Reconstruction (Patellar Tendon Autograft)

#### Phase I (0-6 weeks)

**Weight Bearing:** With crutches until quad control (If meniscus repair, 50% WB)

**Range of Motion:** As tolerated (If meniscus repair, 0-90d). Extension stretching.

**Brace:** None (If meniscus repair, brace 0-90d)

**Exercises:** SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day.

#### Phase II (6-12 weeks)

**Weight Bearing:** Full (If meniscus repair, full WB)

**Range of Motion:** Full (If meniscus repair, full ROM). Extension stretching.

**Brace:** None (If meniscus repair, none)

**Exercises:** Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike.

#### Phase III (3-5 months)

**Weight Bearing:** Full

**Range of Motion:** Full

**Brace:** None

**Exercises:** Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Bike. Progress elliptical to running as tolerated.

#### Phase IV (5-8 months)

**Weight Bearing:** Full

**Range of Motion:** Full and pain-free

**Brace:** None

**Exercises:** Core. Hip abductors. Quad strengthening. Endurance. Plyometrics. Sport-specific drills. Return to full activity as tolerated if quad-controlled single leg squat.