

## ACL Reconstruction with Hamstring Autograft Outpatient Protocol/Guidelines

The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I	Phase II	Phase III	Phase IV
(0-2 weeks)	(2-6 weeks)	(Weeks 6 - 12)	(Weeks 12 - 16+)
<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No hamstring strengthening x 6 weeks</li> <li>• No pool activity</li> </ul> <p style="text-align: center;"><b>GAIT TRAINING</b></p> <ul style="list-style-type: none"> <li>• Crutches and WBAT</li> <li>• Wean from brace after: <ul style="list-style-type: none"> <li><input type="checkbox"/> SLR x 10 without lag</li> </ul> </li> <li>• Wean from crutches by POD 14 after: <ul style="list-style-type: none"> <li><input type="checkbox"/> Heel - toe gait (Ø limp)</li> <li><input type="checkbox"/> Proper swing through</li> <li><input type="checkbox"/> Quad control - Ø lag on SLR</li> </ul> </li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• AAROM knee flexion with over-pressure</li> <li>• Stationary biking, no resistance</li> <li>• Passive extension stretching</li> <li>• Patellar mobs</li> <li>• Ankle pumps</li> <li>• Quad sets</li> <li>• SLR (no extensor lag)</li> <li>• Calf raises</li> <li>• Mini squats with band</li> <li>• Proprioceptive activities</li> <li>• NMES as needed</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meets above criteria for gait</li> <li><input type="checkbox"/> SLR without lag</li> <li><input type="checkbox"/> ROM <ul style="list-style-type: none"> <li>Extension: 0°</li> <li>Flexion: 90°</li> </ul> </li> </ul>	<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No hamstring strengthening x 6 weeks</li> <li>• WBAT</li> </ul> <p style="text-align: center;"><b>GAIT TRAINING</b></p> <ul style="list-style-type: none"> <li>• Crutches until gait normalizes</li> <li>• WBAT</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Leg press (double/single)</li> <li>• Forward and Lateral Step ups</li> <li>• Seated knee extension (90-60 only)</li> <li>• CKC hip strengthening</li> <li>• Progress proprioceptive activities</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Normal gait mechanics</li> <li><input type="checkbox"/> Effusion managed</li> <li><input type="checkbox"/> ROM <ul style="list-style-type: none"> <li>Flexion: &gt;120°</li> </ul> </li> </ul>	<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• Watch for patellofemoral pain</li> </ul> <p style="text-align: center;"><b>GAIT TRAINING</b></p> <ul style="list-style-type: none"> <li>• FWB and no brace</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Stationary biking with resistance</li> <li>• Advance CKC strengthening single leg without dynamic valgus</li> <li>• Step downs</li> <li>• Lunges</li> <li>• Begin light hamstring strengthening</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Negotiate stairs normally</li> <li><input type="checkbox"/> Restore limb confidence</li> <li><input type="checkbox"/> ROM <ul style="list-style-type: none"> <li>Full extension</li> <li>Flexion within 10° of uninvolved side</li> </ul> </li> </ul>	<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No jumping, cutting, or sprinting until cleared</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <p style="text-align: center;"><b>12-16 weeks</b></p> <ul style="list-style-type: none"> <li>• Stairmaster, elliptical, Nordic moderate biking</li> <li>• Running: initiate walk-jog program</li> <li>• Jumping: double progress to single leg</li> <li>• High level strengthening: single leg on unstable surfaces without dynamic valgus</li> </ul> <p style="text-align: center;"><b>16+ weeks</b></p> <ul style="list-style-type: none"> <li>• Agility drills/plyometrics without dynamic valgus</li> <li>• Sports specific activities</li> <li>• &gt;90% of limb symmetry on Functional Testing</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Return to sport or heavy work cleared by MD</li> </ul>

# **ACL Reconstruction with Hamstring Autograft**

## **Outpatient Protocol/Guidelines**

### **REFERENCES**

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