

# ACL SEMITENDINOSUS AUTOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> <b>0 - 4 weeks</b>	As tolerated with crutches*	<b>0-1 week:</b> locked in full extension for ambulation and sleeping <b>1-4 weeks:</b> unlocked for ambulation, remove for sleeping**	As tolerated	Heel slides, quad sets, patellar mobs gastroc/soleus stretch***, SLR with brace in full extension until quad strength prevents extension lag****
<b>PHASE II</b> <b>4 - 6 weeks</b>	Gradually discontinue crutch use	Discontinue use when patient has full extension and no extension lag	Maintain full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch and closed chain activities, begin hamstring stretching
<b>PHASE III</b> <b>6 weeks - 4 months</b>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Begin hamstring strengthening, advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac, begin running straight ahead at 12 weeks
<b>PHASE IV</b> <b>4 - 6 months</b>	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills
<b>PHASE V</b> <b>6 months and beyond</b>	Full	None	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance

\*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)

\*\*\*This exercise is to be completed in a non-weight bearing position

\*\*\*\***NO** hamstring stretching until 4 weeks post-operative