UNIVERSITY OF UTAH HEALTH CARE | Sports Medicine

ACL Reconstruction w/ Hamstring Autograft

Brace/Crutches:
- PWB 25-50% for 3 wks post-op
- 1-4 wks s/p brace locked in full ext for ambulation and while sleeping until full extension.
- Wean off brace & crutches when full extension reached SLR performed without lag, normal gait per therapist.

Restrictions:
- No aggressive hamstring stretches for 4 wks.
- Begin resisted hamstring exercises 8-12wks.

Range of Motion:
Increase ROM daily as tolerated.

Modalities:
- At Therapists Discretion
- Patella Mobs
- ICE use 3-4 x/day for first 10-14 days.

Aquatic Therapy:
- Once wounds well healed
- 2-4 Wks Only Flutter kicks
- 8wks all kicks OK

Bracing:
- Prescribed by physician

Return to Activities:
Golf: 8-12wks chip & putt, 50% swing
Field Sports: 3-6 mths
Skiing: 5-6 mths

Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-4)

Goal: Protect Graft, Control Inflammation, Full Bilateral Extension, Flexion $\geq 90^0$ - 100^0, obtain normal gait patterns

A. Protection/Immediately Post-Op **Weeks 2-4 s/p**
- Full A/PROM
- Quad Activation w/ quad sets & SLR
- Stretching lower extremity (Avoid Aggressive Hamstring Stretch)
- Stationary bike (Flexion 105^0) (No resistance)

Advance: patient has good quad sets, flexion past 90^0, SLR w/o extension lag.

Phase 2 - Range of Motion (Post-Op Weeks: 4-6)

Goal: Protect Graft, Restore normal gait, maintain full extension & progress flexion ROM, control swelling.

A. Progress ROM **Week 4-6 s/p**
- Continue Phase 1 Exercises
- Stationary bike-progress adding resistance (Outside flat riding OK)
- FWB Balance Exercises
- Begin Closed chain double leg strengthening w/ no added resistance
- Hamstring Exercises as tolerated, Teach Sport Cord HEP

Advance: to next phase when patient has full AROM and normal gait

Phase 3 - Strengthening (Post-Op: 5 wks to 3-4 mths)

Goal: Protect Graft, Protect PF joint, Keep Full ROM, Improve strength, endurance, and proprioception

A. Strengthening:
- Advance closed chain strengthening to single leg as tolerated
- Progress proprioceptive activities as tolerated

B. Functional: **Week 8-12 s/p**
- Running progression as tolerated
- Golf Short Game Progression 50% swing (chipping and putting)

Advance: patient has pain free ROM, full and pain free patella motion, sufficient strength (75% RM leg press/Hamstring curl)

Phase 4 - Function Progression (Post-Op: 3-6mths)

Goal: Strengthen, Neuromuscular control in functional activities, patient education to return to play
- Progress flexibility and strengthening programs
- Initiate Plyo program per patient's goals
- Functional/Sport Specific drills as appropriate for patient.
- Progress Proprioception

Phase 5 – Functional/Sport Return (Post-Op: 5-6mths)
- Gradual return to sports participation
- Maintain programs for strength endurance, proprioception

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