

# ACL PATELLAR TENDON ALLOGRAFT RECONSTRUCTION PROTOCOL

## GENERAL GUIDELINES

- Focus on protection of graft during primary revascularization (8 weeks) and graft fixation (4-6 weeks.)
- For ACL reconstruction performed with meniscal repair weight bearing and rom will be determined by the Dr..Brown.
- Supervised physical therapy takes place for 3-6 months.
- Important to do the home exercises to get the best outcome in addition to the PT

## GENERAL PROGRESSION OF ACTIVITIES OF DAILY LIVING

- Sleep with brace locked in extension for 2 week or as directed by PT/MD for maintenance of full extension.
- Driving: 1 week for automatic cars, left leg surgery  
2-4 weeks for standard cars, or right leg surgery
- Weight-bearing as tolerated immediately post-op with crutches **unless meniscus repair**
- Brace locked in extension for ambulation until patient demonstrates full extension with good quad control. Can be unlocked when not weight bearing and can then be unlocked based on patient range of motion.
- Wean from crutches/brace for ambulation by 4-6 weeks as patient demonstrates normal gait mechanics and good quad control.
  - Criteria to d/c crutch normal gait, ability to safely ascend/descend stairs without noteworthy pain or instability.
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## REHABILITATION PROGRESSION:

Frequency of physical therapy visits should be determined based on individual patient status and progression.

The following is a general guideline for progression of rehabilitation following ACL patellar tendon allograft reconstruction. Progression through each phase should take into account patient status (e.g. healing, function) and physician advisement. Please consult the physician if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation.

● DO THAT EXERCISE FOR THAT WEEK/MONTH		WEEKS										MONTHS			
		1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>RANGE OF MOTION RESTRICTIONS</b>	Phase I: Initial Exercises														
	Extension/Flexion – Wall Slides	●	●	●	●	●	●								
	Extension/Flexion - Sitting	●	●	●	●	●	●								
	Extension/Flexion - Prone	●	●	●	●	●	●								
	Quad Sets with straight leg raises	●	●	●	●	●	●								
	Hamstring Sets		●	●	●	●	●								
	Patellar Mobilization (quad/patellar tendon)	●	●	●	●	●	●	●	●	●	●	●	●		
<b>BRACE SETTINGS</b>	Ankle Pumps	●	●	●	●										
	Sit and Reach for Hamstrings (towel)			●	●	●	●	●	●	●	●	●	●	●	●
	Runners Stretch for Calf / Achilles			●	●	●	●	●	●	●	●	●	●	●	●
	Stork Stand for Quadriceps							●	●	●	●	●	●	●	●
	Toe and Heel Raises		●	●	●	●	●								
	1/3 knee bends			●	●	●	●	●	●	●					
	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>WEIGHT BEARING STATUS</b>	Bike with SINGLE Leg / SINGLE Leg Rowing	●	●	●	●	●	●								
	Bike with BOTH Legs		●	●	●	●	●	●	●	●	●	●	●	●	●
	Aquajogging			●	●	●	●	●	●	●	●	●	●	●	●
	Treadmill Incline 7-12% (walking)							●	●	●	●	●	●	●	●
	Swimming with fins							●	●	●	●	●	●	●	●
	Elliptical Trainer										●	●	●	●	●
	Stair Stepper											●	●	●	●
Non WB	Phase II: Intermediate Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Touch Down WB	Double Knee Bends							●	●	●	●	●	●	●	●
Partial (30%) WB	Carpet Drags							●	●	●	●	●	●	●	●
Full WB	Gas Pedal							●	●	●	●	●	●	●	●
WB as tolerated	Forward / Backward Jogging									●	●	●	●	●	●
	Single Knee Bends									●	●	●	●	●	●
	Side to Side Lateral Agility											●	●	●	●
<b>TIME LINES</b>	Phase III: Advanced Exercises / Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	Advanced agility exercises												●	●	●
	Leg press to 90 Degrees											●	●	●	●
	Week 1 (POD 1-7)	Leg Curls - NO Hyperextension										●	●	●	●
	Week 2 (POD 8-14)	Abduction / Adduction										●	●	●	●
	Week 3 (POD 15-21)	Squats with bar											●	●	●
	Week 4 (POD 22-28)	Running/Skating/Golf etc progression										●	●	●	●
	Phase IV: High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	Outdoor Biking / Golf											●	●	●	●
	Running													●	●
	Skiing / basketball / tennis / contact sports														