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REHAB PROTOCOL: ACL Reconstruction Surgery

Phase I (Weeks 0-4)

- **Weightbearing:** As tolerated with crutches (may be modified if concomitant meniscal repair/meniscal transplant or articular cartilage procedure is performed)
- **Hinged Knee Brace:**
 - Locked in full extension for ambulation and sleeping (Weeks 0-1)
 - Locked for ambulation and removed while sleeping (Weeks 1-4)
- **Range of Motion** – AAROM/AROM as tolerated
- **Therapeutic Exercises**
 - Quad/Hamstring sets
 - Heel slides
 - Non-weightbearing stretch of the Gastroc/Soleus
 - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 4-10)

- **Weightbearing:** As tolerated -- discontinue crutch use
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion** – Maintain full knee extension – work on progressive knee flexion: goal 120 deg
- **Therapeutic Exercises**
 - Closed chain extension exercises: leg press, step ups, partial lunges, wall sits
 - Hamstring curls
 - Toe raises
 - Balance exercises
 - Progress to weightbearing stretch of the Gastroc/Soleus
 - Begin use of the stationary bicycle and stairmaster
 - Proprioceptive exercises: ball toss, balance beam
 - Pool or unweighted treadmill at 8 weeks

Phase III (Weeks 10-16)

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - Advance closed chain strengthening exercises, proprioception activities
 - Begin use of the Elliptical
 - Knee extension 90deg – 30deg, progress to eccentrics
 - Progressive hip, quad, hamstring, calf strengthening
 - Can Start Straight Ahead Running at 12 Weeks

Phase IV (Months 4-6)

- Initiate plyometric program as appropriate for patient's athletic goals
- Agility progressions
- Sports specific drills
- Maintenance program for strength and endurance

Phase V (Months 6 and Beyond)

- Gradual return to sports participation
- Maintenance program for strength and endurance