



# ACL-R Quad Tendon Rehab Protocol

\*\*\*If performed with meniscus repair delay initial WB 4 weeks and hopping/running 4 weeks respectively

Phase	Weightbearing	Brace	ROM	Therapeutic Interventions
Phase I Weeks 0-4	***WBAT with crutches for 2 weeks then wean	Hinged knee brace locked while ambulating; unlock during PT based on available ROM.	Normalize to uninvolved knee; focus on knee extension	ROM focus: heel slides, heel prop, EOB flexion, seated or standing calf/hamstring stretching; pain control modalities (cryo, stim); stationary bike, heel raises, mini squats; NMES with quad sets; gait training; <b>NO SLR/LAQ</b>
Phase II Weeks 4-6	***WBAT	Brace unlocked	Progress ROM as tolerated; Normalized knee extension compared contralaterally	Continue Phase 1 activity; Initiate shallow body weight squats/lunges, leg press, hamstring curls; Initiate standing balance activity (SLS, rebounder, tandem stance, etc.), begin TM/elliptical walking; <b>NO SLR/LAQ</b>
Phase III Weeks 6-12	FWB	D/C post-op brace; begin using functional ACL brace	ROM normalized	Progress SL balance and proprioceptive activities specific to patient; promote muscular strength and hypertrophy with weight training; begin pain free, full ROM resistance training (high step ups, squats, etc.)
Phase IV Weeks 12-16	FWB	Functional ACL brace	ROM normalized	***Continue with strength progression focusing on compound movements, hypertrophy using machine based resistance; Initiate plyometric progression with 4"-8" DL hopping (12 weeks), 10"+ jumping (14 weeks), straight line walk/run intervals (14 weeks), sprinting/SL jumping/agility drills (16 weeks)
Phase V Weeks 16-18	FWB	Functional ACL brace	ROM normalized	Continue with strength/hypertrophy progression; begin multi directional plyometric activity for return to sport; <b>DISCHARGE FROM PHYSICAL THERAPY</b>
Week 18+				Continue strength & conditioning with personal trainer or school-based trainer; focus on multi directional SL balance, SL multidirectional hopping, vertical/horizontal jump power, cardiovascular endurance
8 months				<b>Return to Sport Testing</b>