

Bonnie P. Gregory, MD
ACL WITH HAMSTRING RECONSTRUCTION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-4 weeks</i>	As tolerated with crutches*	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag
<i>PHASE II</i> <i>4-12 weeks</i>	Full, progressing to normal gait pattern	Discontinue at day 28 if patient has no extension lag	Main full extension and progressive flexion	Progress Phase I Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool
<i>PHASE III</i> <i>12-16 weeks</i>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities Begin stair-master, elliptical and running straight ahead

<p><i>PHASE IV</i> 16-24 weeks</p>	<p>Full</p>	<p>None</p>	<p>Full and pain-free</p>	<p>16 weeks: Begin jumping 20 weeks: Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills 22 weeks: Advance as tolerated FSA completed at 22 weeks</p>
<p><i>PHASE V</i> > 6 months</p>	<p>Full</p>	<p>None</p>	<p>Full and pain-free</p>	<p>Gradual return to sports participation after completion of FSA Maintenance program based on FSA</p>

- ❖ Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx. 22 weeks post-op for competitive athletes returning to play after rehab

For any questions or concerns regarding the protocol or rehabilitation process please contact my

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