

Bonnie P. Gregory, MD
REVISION ACL RECONSTRUCTION
WITH CONTRALATERAL PATELLAR TENDON AUTOGRAFT
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-4 weeks	Full in Brace	0-2 week: Locked in full extension for ambulation on harvest side knee; recipient knee immobilizer only 0-2 weeks at night* 2-4 weeks: Unlocked for ambulation and worn on harvest knee only -remove for sleeping**	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
<i>PHASE II</i> 4-12 weeks	Full	Discontinue at day 28	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<i>PHASE III</i> 12-16 weeks	Full	None	Full	Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks
<i>PHASE IV</i> 16-24 weeks	Full	None	Full	16 weeks: Begin jumping 20 weeks: Advance 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

PHASE V > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA
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- ❖ Recipient knee does not require brace during day at all, unless concomitant meniscus repair done. Immobilizer on recipient knee is worn only at night to retain full extension and may be off during the day.
- ❖ Donor knee does not require brace at night-time at all; hinged brace daytime locked in extension 0-2 weeks and then unlocked 2-4 weeks.
- ❖ Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure
- ❖ Immobilizer may be removed for sleeping after first post-operative visit if no flexion contracture remains
- ❖ 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

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