

|                                                                      | <b><u>Weight Bearing</u></b>                 | <b><u>Brace</u></b>                                                                                                                                                          | <b><u>ROM</u></b>                                                                  | <b><u>Exercises</u></b>                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Phase I</u></b><br><b><u>0-6</u></b><br><b><u>weeks</u></b>    | Heel touch in brace.                         | <b>0-2 weeks:</b><br>Locked in full extension for ambulation and sleeping.<br><br><b>2-6 weeks:</b><br>Unlocked 0-90° & worn daytime.<br><br>Off for hygiene and exercises.* | <b>0-2 weeks:</b><br>0-45°<br><br><b>2 weeks+:</b><br>advance slowly as tolerated. | Quad sets, patellar and tibiofibular mobs, gastroc/soleus stretch, leg hangs.<br><br>SLR w/ brace in full extension until quad strength prevents extension lag.<br><br>Begin side-lying hip/core.<br><br><b>*Hamstring avoidance until 6 weeks post-op</b><br><br><b>*Avoid tibial rotation, hyperextension, and varus force to the knee.</b> |
| <b><u>Phase II</u></b><br><b><u>6-8</u></b><br><b><u>weeks</u></b>   | Advance 25% weekly until full WB by 8 weeks. | Discontinue when WB comfortably.                                                                                                                                             | Full.                                                                              | Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core.<br><br>Start stationary bike as tolerated.<br><br><b>Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks.</b>                                                          |
| <b><u>Phase III</u></b><br><b><u>8-16</u></b><br><b><u>weeks</u></b> | Full.                                        | None.                                                                                                                                                                        | Full.                                                                              | Advance closed chain strengthening.<br><br>Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance.<br><br>Begin stair master, elliptical, and running straight ahead at 12 weeks.                                                                                                |
| <b><u>Phase IV</u></b><br><b><u>16-24</u></b><br><b><u>weeks</u></b> | Full.                                        | None.                                                                                                                                                                        | Full.                                                                              | <b>16 weeks:</b> Begin jumping.<br><b>20 weeks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills.<br><b>22 weeks:</b> Advance as tolerated.<br><br>FSA completed at 22 weeks.**                                                                         |
| <b><u>Phase V</u></b><br><b><u>&gt;6</u></b><br><b><u>months</u></b> | Full.                                        | None.                                                                                                                                                                        | Full.                                                                              | Gradual return to sports participation after completion of FSA and clearance by the physician.                                                                                                                                                                                                                                                |

\*Brace may be removed at night after first post-operative visit (day 7-14) if directed.

\*Same protocol applies for all ACL graft choices.

\*Same protocol applies for ACL and posterolateral corner without PCL

\*\*Completion of FSA (Functional Sports Assessment/Lower Body Assessment) is not mandatory, but highly recommended at approximately 22 weeks postop for competitive athletes returning to sport.