

**ACL Protocol:
Patella Tendon or Allograft
Dr. LT Fleske & Dr. Randall Hildebrand**



Weeks 1-2:

Weight Bearing:	50% WB or per Physicians' orders
Modalities:	Russian Stimulation & Pain/Edema management
Stretching:	Hamstring, IT Band, Gastroc-Soleus
Strengthening:	<ol style="list-style-type: none">1. Quad Sets2. Straight Leg Raises (no extension lag)3. Hip Isotonics (abduction, extension)4. Ankle Pumps or resisted ther-a-band5. Ball ROM (CPM type movements)6. Prone Hangs and/or sustained knee extension stretches7. Total gym squats (low level)8. Resisted Hamstring Curls
Range of Motion:	0-110 degrees in clinic, brace removed for PT and HEP only Patella Mobilizations

Weeks 3-4:

Weight Bearing:	FWB or per Physicians' orders
Modalities:	Russian Stimulation and/or biofeedback if quadriceps tone is poor
Stretching:	Same as above
Strengthening:	<ol style="list-style-type: none">1. Progress total gym squats2. Ball ROM/extension stretching (contact physician if ROM is difficult)3. Continue hip isotonics, SLR's with biofeedback, etc4. Bike5. Aquatic Program (if incision healed)6. Leg Press7. Balance/Proprioception (uni/bilaterally)
Range of Motion:	0 – 120 degrees

Weeks 5-6:

Weight Bearing:	100% weight bearing or per Physicians' orders
Modalities:	As needed
Stretching:	Continues as needed, should be equal bilaterally at this time
Strengthening:	<ol style="list-style-type: none">1. Elliptical2. Dynamic Warmup3. Ball Bridges, Planks, Ball Hamstring Curls, Ball Squats4. Resisted Walking5. Single leg stance, balance
Range of Motion:	0 -135 degrees

Weeks 7-8:

Weight Bearing:	Full Weight bearing, work to establish normal gait pattern
Strengthening:	<ol style="list-style-type: none">1. Hamstring Curls2. Leg Press or upper level total gym (uni/bilaterally)3. Squats (gluteal involvement)4. Single leg stance/balance as tolerated)
Cardiovascular:	<ol style="list-style-type: none">1. Stationary Bike (10-20 min)2. Swimming (deep water cycling, treading water, walking)3. Elliptical, treadmill (walking), stair machine
Range of Motion:	Equal Bilaterally in flexion and extension

Weeks 9-12:

Strengthening:	<ol style="list-style-type: none">1. Dynamic Warmup2. Eccentric Quadriceps activities (no patellofemoral joint pain)3. Squats with proper technique4. Lunges5. Resisted walking6. Wall Sits7. Single leg balance, proprioception
Cardiovascular:	<ol style="list-style-type: none">1. Combination of exercise (bike, walking, elliptical, swimming) 30-45 min/day

4 Months:

- Strengthening:
1. Light Plyometric program
 2. Progress dynamic stability, balance
 3. Lunges, squats, wall sits
 4. Single leg squats, balance,

Cardiovascular: Same as Above

5 Months:

- Strengthening:
1. Cutting, lateral carioca, figure 8's, light plyometrics
 2. Upper level balance, proprioception, core strengthening
 3. Full release to sports if passed at 95% or better
 - A. Single Hop Test
 - B. 3 Hop Test
 - C. 3 Hop Crossover Test
 4. Single Leg Balance and Reach Test

6 Months:

- Strengthening:
1. Advanced plyometrics
 2. Sports Specific Training