

ACL Protocol: Hamstring Graft
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SURGICAL SPECIALISTS & PHYSICAL THERAPY

Weeks 1-2:

Weight Bearing:	TTWB or 25% WB
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)
Range of Motion:	0-90 degrees in clinic, brace removed for PT and HEP only Patella Mobilizations

Weeks 3-4:

Weight Bearing:	TTWB or 25%
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. Weight shifts, toe raises5. Low Level balance training
Range of Motion:	0 – 120 degrees

Weeks 5-6:

Weight Bearing:	75% Weight bearing, progress to full WB at end of week 6
Modalities:	As needed
Stretching:	Continues as needed, should be equal bilaterally at this time
Strengthening:	<ol style="list-style-type: none">1. Bike, UBC2. Gait training: ladder and cone walking3.. Single leg stance, balance4. Leg Press5. Aquatic Program
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 Curls (begin with light weight and progress slowly)2. 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 activities3. 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. Progress dynamic stability, balance
3. Lunges, squats, wall sits
4. Single leg squats, balance,

Cardiovascular: Same as Above

5 Months:

Strengthening: 1. Upper level balance, proprioception, core strengthening

Cardiovascular: 1. Increase intensity to improve cardiovascular fitness
2. Dynamic and multi-plane lunges, squats

6 Months:

Strengthening: 1. Light plyometrics
2. Sports Specific Training
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