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ACL QUADRICEPS AUTOGRAFT RECONSTRUCTION

Rehab Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0 - 4 Weeks	As tolerated with crutches*	0-1 week: Locked in full extension for ambulating and sleeping 1-4 week: Remove for sleeping** Unlocked for ambulation at week 2	As tolerated	Heel slide, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extensions lag. Avoid hyperextension
PHASE II 4 - 12 Weeks	Full, progressing to normal gait pattern	Discontinue at day 28 if patient has not 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
PHASE III 12 - 16 Weeks	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 stairmaster, elliptical and running straight ahead
PHASE IV 16 - 24 Weeks	Full	None	Full and pain-free	16 wks: Begin jumping 20 wks: Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills 22 wks: Advance as tolerated FSA completed at 22wks***
PHASE V > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

**Brace may be removed for sleeping after first post-operative visit (day 7-10)

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