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**ACL Reconstruction with BTB Auto and Concomitant Microfracture of Femoral Condyle
Rehabilitation Guideline**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-6 weeks	Non-WB	0-2 week: Locked in full extension at all times Off for CPM and exercise only 2-4 week: unlocked for ambulation and off for sleeping	0-6 weeks: Use CPM for 6 hours/day, beginning at 0-40 °; advance 5-10 ° daily as tolerated	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90 ° at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core
<i>PHASE II</i> 6-8 weeks	Advance 25% weekly until full	D/C PO brace if no extension lag and good quad control is demonstrated	Full	Advance Phase I exercises
<i>PHASE III</i> 8-12 weeks	Full	None	Full	Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training

<i>PHASE IV</i> <i>12 weeks</i> – <i>6 months</i>	Full	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work eccentric hamstrings May advance to elliptical, bike, pool as tolerated
<i>PHASE V</i> <i>6-12</i> <i>months</i>	Full	None	Full	Advance functional activity Return to sport-specific activity an impact when cleared by MD after 8 mos

For any questions or concerns regarding the protocol or rehabilitation process please contact my
Athletic Trainer below.