

Dr. Craig Chike Akoh, M.D.
ACL WITH HAMSTRING RECONSTRUCTION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-4 weeks	As tolerated with crutches*	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation	As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag
<i>PHASE II</i> 4-12 weeks	Full, progressing to normal gait pattern	Discontinue at day 28 if patient has no 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
<i>PHASE III</i> 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 stair-master, elliptical and running straight ahead
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<i>PHASE IV 16-24 weeks</i>	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 22 wks
<i>PHASE V > 6 months</i>	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA

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

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