

# ACL Reconstruction with Bone Patellar Tendon Bone Autograft

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## General

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Full passive range of motion, weight-bearing as tolerated  
Brace from 0-90 for 6 weeks  
Stitches assessed and removed in clinic within 7-14 days

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## Weeks 0-1

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CPM 0-30 and advance to 0-90 as tolerated  
Wall slides  
Prone hangs  
Patellar mobilization  
Ankle pumps  
Quad sets with straight leg raises  
Hamstring sets  
Modalities as necessary to decrease swelling

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## Weeks 1-2

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Continue week 1 activities  
Toe raises/heel raises  
Stationary bike with both legs

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## Weeks 2-6

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Continue week 2 activities  
Terminal 1/3 knee bends  
Increase resistance on stationary bike  
Achilles and calf stretching

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## Weeks 6-10

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Treadmill 7% walk  
Double knee bends  
Swimming with fins

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## Weeks 10-12

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Single knee bends  
Quads-specific strengthening exercises  
Rowing/erg machine  
Outdoor biking

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## Week 12

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Return to run program = elliptical → treadmill → outdoor running  
Leg press to 90° with weights  
Leg curls with no hyperextension

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## Week 16

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Sport-specific training with gradual return to agility exercises

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**6 months = Return to sports**