

# ACL Reconstruction with Hamstring Tendon Autograft and Microfracture

## General

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

## Weeks 0-1

CPM 0-30 and advance to 0-90 as tolerated	Ankle pumps
Extension/flexion—wall slides, prone hangs	Quad sets with straight leg raises
Patellar mobilization	Modalities as necessary to decrease swelling

## Weeks 1-2

Continue week 1 activities  
Hamstring sets

## Weeks 2-6

Continue week 2 activities	Stationary bike with both legs with gradual increased resistance
Achilles, calf and hamstring stretching (sit and reach with towel)	

## Weeks 6-10

Protected weight-bearing with gradual wean off crutches	Toe/heel raises
Treadmill 7% walk	Double knee bends
	Swimming with fins

## Weeks 10-12

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

## Week 12

Return to run program = elliptical → treadmill → outdoor running

Leg press to 90° with weights  
Leg curls with no hyperextension

## Week 16

Sport-specific training with gradual return to agility exercises

**6 months = Return to sports**