

ACL Reconstruction with Hamstring Tendon Autograft and Trochlear Microfracture

General

Full passive range of motion
Brace locked in extension for ambulation only 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—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
Achilles, calf and hamstring stretching (sit and reach with towel)
Stationary bike with both legs with gradual increased resistance

Weeks 6-10

Treadmill 7% walk	Toe/heel raises
Terminal ½ knee bends	Swimming with fins

Weeks 10-12

Double 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
Single knee bends

Week 16

Sport-specific training with gradual return to agility exercises

6 months = Return to sports