

ACL Reconstruction with Hamstring Tendon Autograft

General

Full passive range of motion
Brace from 0-90 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
Wall slides	Quad sets with straight leg raises
Prone hangs	Modalities as necessary to decrease swelling
Patellar mobilization	

Weeks 1-2

Continue week 1 activities	Stationary bike with both legs with gradual increased resistance
Toe raises/heel raises	
Hamstring sets	

Weeks 2-6

Continue week 2 activities
Terminal 1/3 knee bends
Achilles, calf and hamstring stretching (sit and reach with towel)

Weeks 6-10

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—begin lateral movement only at 16 weeks

6 months = Return to sports