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Rehabilitation Guidelines: Hamstring Autograft ACL Reconstruction

Post-op	Precautions	Therapy
0-4 weeks	1) WBAT with brace locked in full extension for 4 weeks 2) Crutches as needed 3) No hamstring stretching for 4 weeks 4) Brace locked in extension for SLR's until extensor lag is absent	ROM as tolerated, emphasis on full extension, patellar mobilizations, quad sets, SLR's, heel slides, NWB gastroc /soleus stretch, modalities as needed
4-6 weeks	1) Brace unlocked, WBAT 2) No hamstring strengthening until 6 weeks 3) Notify physician if full extension not achieved	Stationary bike, WB gastroc/soleus, closed chain extensions, balancing, retro treadmill walking
6-16 weeks	No brace	Advance closed chains, proprioception, start straight ahead walk/jog progression b/w 10-12 weeks
4-6 months	1) No sports until cleared by physician 2) Measure for ACL brace if appropriate	Plyometrics, sport specific training, endurance, functional testing

This is only a guide to rehabilitation. Specific exercises will be monitored by your physical therapist. Progression should be individualized based on meeting specific goals and tolerance to activities.

Return to sports is typically 6 months and is dependent on the progress of rehabilitation. Remember, trying to progress too rapidly cannot speed up the healing process and can compromise the function of your ACL.

An ACL specific brace is used for athletes during the 1st post-operative year.

