



Rehabilitation Protocol: Allograft Achilles / Hamstring ACL reconstruction

	Weight Bearing And ROM	Brace Use	Therapeutic Elements
PHASE I 0 -4 weeks	Weight bearing as tolerated (WBAT) with crutches ROM: As tolerated. Full symmetric extension by 2 wks. Flexion to 120° by 4-6 wks.	0-1 week: Locked in full extension for ambulation and sleep. 1- 4 weeks: Unlocked for ambulation, locked for sleep.	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc / soleus stretch (NWB). Prone hangs and extension board. SLR with brace locked in full extension until patient has no extension lag with SLR, then unlock brace.
4 - 6 weeks	Discontinue crutches. Maintain full extension. Advance to full flexion as tolerated.	Discontinue brace when full patient has active full extension and no extension lag.	Stationary bike. Weight bearing gastroc / soleus stretches, begin toe raises, closed chain extension, balancing exercises, hamstring curls.
PHASE II 6 weeks – 4 months	Full ROM.	None.	Advance closed chain strengthening, proprioceptive training.
PHASE III 4-6 months	Full ROM.	Consider fitting for custom playing brace.	4 months: Start straight ahead running. May use elliptical (EFX). Increase flexibility. 5 months: Forward backwards running, sports specific training, cutting, SportsMetrics (plyometrics) advanced jumping and landing strengthening program. 6-8 months: Return to sport if approved.

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