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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 2 weeks 2) Brace unlocked when quad control adequate 3) No hamstring stretching for 4 weeks	ROM as tolerated with emphasis on extension, patellar mobilizations, quad sets, SLR's, heel slides, NWB gastroc /soleus stretch, start bike
4-6 weeks	1) D/c brace by 4 weeks 2) No hamstring strengthening until 6 weeks 3) No running	Advance stationary bike, WB gastroc/soleus, closed chain extensions, balancing, retro treadmill walking if needed
6-16 weeks	1) Running delayed until 4 months if meniscal repair performed unless otherwise notified by physician	Advance closed chains, proprioception, start straight ahead walk/jog progression b/w 8-10 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 recommended for athletes during the 1st year.

