

<i>PHASE V</i> <i>> 6 months</i>	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA
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Dr. Craig Chike Akoh, MD
ACL PATELLAR TENDON RECONSTRUCTION WITH ALL INSIDE MENISCAL REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-4 weeks</i>	0-2 wks Partial WB with crutches 2-4 wks full in brace unlocked 0-90	0-2 week: Locked in full extension for ambulation and sleeping 3-4 weeks: Unlocked 0-90 ° Off at night	0-2 wks: 0-90° when non-weight bearing 2-8wk: as tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core No weight bearing with flexion >90°
<i>PHASE II</i> <i>5-12 weeks</i>	4-8 weeks: Full WB	Discontinue brace at 6 weeks (only if patient has good quad control)	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90° 8-12wk: Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 °, proprioception exercises, balance/core/hip/glutes

				Begin stationary bike
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