

**Dr. Craig Chike Akoh, M.D.**  
**Complete Transphyseal Hamstring Autograft ACL Reconstruction**  
**Rehabilitation Protocol**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>ROM</b>	<b>Exercises/Strength</b>
<i>0-2 weeks</i>	WB as tolerated  *If concomitant meniscal repair toe touch WB w/crutches 0-6wks	Locked in extension	Goal by wk 1-2  Symmetrical hyperextension - 90° flexion	Prone hangs, SLR, SAQ, patellar mobs
<i>2-6 Weeks</i>	WB as tolerated	Locked in extension w/ ambulation  Unlocked 0-90° while sitting	ROM 0-125°  PROM, AAROM, AROM  No <b>forced</b> passive flexion	Isometrics, limited closed chain PREs,  leg press from 90° to 40° degrees in an eccentric fashion

		Removed when sleeping		Short crank bike  <b>*Avoid active resisted hamstring exercises (due to harvest)</b>
6-12 Weeks	Normalization of gait pattern	D/C PO Brace when good quad control demonstrated  Functional Sport Brace	Full symmetrical ROM	squat/step program, wall slides, leg press  Proprioception balance board, single leg stance, other balance maneuvers.  Nordic track or elliptical trainer  Quadriceps isotonic with a

				proximal pad are allowed in a 90- to 40- degree arc.
<i>12- 24 Weeks</i>	Full	Functional Brace	Full	Regain full LE strength and proprioception  Jumping and landing  aggressively advance agility and functional exercises  Begin and progress a running program.
<i>6-12 Months  RTS Criteria</i>	Full	Functional Brace	Full	Symptom free running  Confidence with jumping and landing

				<p>(double and single leg)</p> <p>Pain free activities</p> <p>Ability to confidently perform cutting and lateral movements and decelerate and change directions</p> <p>Functional Sport Test with good results</p>
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- Rehabilitation program is delayed with concomitant meniscal repair procedure  
RTS clearance by M.D. only after a functional sport test is performed and all deficiencies are addressed