

Dr. Craig Chike Akoh, M.D.

**Complete Transphyseal Hamstring Autograft ACL Reconstruction With Meniscal Repair
Rehabilitation Protocol**

	Weight Bearing	Brace	ROM	Exercises/Strength
<i>0-2 weeks</i>	PWB w/ crutches	Locked in extension	Goal by wk 1-2 Symmetrical hyperextension - 90° flexion	Prone hangs, SLR, SAQ, patellar mobs No weight bearing with flexion >90°
<i>2-6 Weeks</i>	2-4 weeks: 50% WB with crutches 4-8 weeks: Progress to full WB	2-6 weeks: Unlocked 0-90 ° Off at night Discontinue brace at 6 weeks	ROM 0-125° PROM, AAROM, AROM No forced passive flexion	Isometrics, limited closed chain PREs, leg press from 90° to 40° degrees in an eccentric fashion Short crank bike

				<p>No weight bearing with flexion >90°</p> <p>*Avoid active resisted hamstring exercises (due to harvest)</p>
<p>6-12 Weeks</p>	<p>Begin progression to full WB</p> <p>Normalization of gait pattern</p>	<p>D/C PO Brace when good quad control demonstrated</p> <p>Functional Sport Brace</p>	<p>Full symmetrical ROM</p>	<p>Proprioception balance board, single leg stance, other balance maneuvers.</p> <p>Quadriceps isotonic with a proximal pad are allowed in a 90- to 40-degree arc.</p>

				Toward end of phase, squat/step program, wall slides, leg press
12-24 Weeks	Full	Functional Brace	Full	<p>Nordic track or elliptical trainer</p> <p>Regain full LE strength and proprioception</p> <p>Towards end of phase:</p> <p>Jumping and landing</p> <p>aggressively advance agility and functional exercises</p> <p>Begin and progress a</p>

				running program.
<p><i>6-12 Months</i></p> <p><i>RTS Criteria</i></p>	Full	Functional Brace	Full	<p>Symptom free running</p> <p>Confidence with jumping and landing (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>

- Rehabilitation program is delayed with concomitant meniscal repair procedure
 - Avoid any tibial rotation for 8 weeks to protect meniscus
- RTS clearance by M.D. only after a functional sport test is performed and all deficiencies are addressed