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## **ACL Reconstruction Hamstring Autograft Graft Protocol**

### Milestones:

- Brace progression
  - Hinge knee brace 0-14 days
  - ACL brace 14 days – 3 months
  - de-rotation brace none –unless MD determined
- Crutches 0-14 days
- Double leg squats 6 weeks
- Single leg squats 12 weeks
- Straight ahead jogging 10 weeks
- 2 leg jumping 3 months
- 1 leg jumping 4 months
- Agility/ MP movements 5 months
- Return to sport 8 months

### **PHASE I (wk 0-6) MOTION & QUAD CONTROL**

#### Week 0-1

- Wall slides
- Extension/flexion – sitting
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch
- Quad sets
- SLR w/ quad set – 4 positions

#### Week 1-3

- Same as above
- Heel raises
- Stationary bike
- Swim Ex
  - Gait – fwd/bwd, side/side
  - Soldier/scissor
- Trunk

#### Week 3-6

- Same as above

- Shuttle
- Swim Ex
  - Deep well cycling

## PHASE II (wk 6-12) 2-LEG CLOSED CHAIN

- Same as above
- Mini squat (2-leg closed chain)

## PHASE III (wk 12-16) 1-LEG CLOSED CHAIN

### Week 12-16

- Same as above
- Single leg press (shuttle)
- Single leg squat (1-leg closed chain)
- Step ups
- Lunge
- Sport cord squat
- EFX

## PHASE IV (wk 16+) MULTI-PLANAR MOVEMENT

### Week 16

- Single leg squat, step ups, lunge, sport cord squat
- Outdoor biking
- Straight ahead jogging
- Multi-planar lunge
- Tubing side steps

### 5 months

- Sagittal and frontal plane low impact agility
- Stair stepper
- Weights
- 2-legged hops

## PHASE V (wk 20- 24) AGILITY PROGRAM

### 6 months

- 1-legged hops
- Multi-planar agility

### 6-7 months

- Golf

7-8 months

- Transitional program to sports (3-4 weeks)
- Skiing, basketball, tennis, football, soccer