



# **GOLDEN STATE ORTHOPEDICS & SPINE**

## **Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction**

---

- ❑ **Weeks 0-2:**
  - 0-90 degrees of AROM flexion
  - 50% WB and unlocked up to 90 degrees pending quad strength
- ❑ **Weeks 2-4:**
  - progress WBAT
- ❑ **Week 4:**
  - discontinue crutches
- ❑ **Week 6:**
  - > 90 degrees of AROM flexion; full extension
  - discontinue brace
- ❑ **Weeks 6-8:**
  - Full pain free ROM
  - Incorporate single limb activities, Elliptical, Closed kinetic chain: step downs fwd & lateral, squat with side steps
- ❑ **Weeks 8-12:**
  - Begin dynamic double leg functional activities; lunges; single limb squats
- ❑ **Weeks 12+**
  - AlterG run/walk intervals if appropriate; agility and early plyometric exercises