

**ACL ALLOGRAFT RECONSTRUCTION**  
**PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> <li>• WBAT, d/c crutches when comfortable</li> <li>• Brace 0-90° for ambulating, otherwise ROM as tolerated</li> <li>• Heel slides, quad sets, patellar mobilization, ankle pumps</li> <li>• Straight leg raises (without brace when able to SLR without extension lag)</li> </ul>
Weeks 3-6	<ul style="list-style-type: none"> <li>• Continue exercises from weeks 0-2</li> <li>• D/c brace when patient has no extension lag and quad control enough for stable ambulation</li> <li>• Focus on regaining full extension; goal ROM 0-125°</li> <li>• Mini-squats, weight shifts, initiate step up program</li> <li>• Close chain knee extension, stationary bike, weight bearing gastroc/soleus stretch</li> <li>• Proprioceptive training</li> </ul>
Weeks 7-12	<ul style="list-style-type: none"> <li>• Advance closed chain strengthening and bike exercises</li> <li>• Normalize gait pattern</li> <li>• Progressive squat program</li> <li>• Initiate step down program</li> <li>• Leg press and lunges (start initially with body weight only)</li> </ul>
Months 3-4	<ul style="list-style-type: none"> <li>• Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate</li> <li>• Progress strengthening and flexibility exercises</li> </ul>
Months 4-6	<ul style="list-style-type: none"> <li>• Start plyometric exercises</li> <li>• Start sports-specific agility program</li> </ul>