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Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction with Bone-Patellar Tendon-Bone Autograft

Name:	Date:
Diagnosis: _	Date of Surgery:
Phase I (V	Vacks 0-4)
 Weig trans Hing O Rang Ther 	ge of Motion – AAROM → AROM as tolerated rapeutic Exercises Quad/Hamstring sets
0	Non-weightbearing stretch of the Gastroc/Soleus
 Weig Hing exten Rang Ther 	Toe raises Balance exercises Progress to weightbearing stretch of the Gastroc/Soleus
WeigRangTher	
Gradu Main	(Months 4-6) ual return to athletic activity as tolerated tenance program for strength and endurance
Comments:	times nor week Duration weeks
rrequency: Signature: _	times per week Duration: weeks Date: