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ACL Repair with Internal Brace REHABILITATION PROTOCOL

****This is not a reconstruction, this is a repair of the native ACL tissue that allows faster recovery and faster rehab
 This surgery recovery is faster than ACL reconstruction, goal is 4 months for full return to sport**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Full in Brace	0-1 week: Locked in full extension for ambulation and sleeping 1-2 weeks: Unlocked for ambulation, remove for sleeping**	As tolerated Goal 0-100 deg	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
PHASE II 2-8 weeks	Full	Discontinue at week 2 if patient has no extension lag	Full	Progress proprioception activities Advanced closed chain strengthening Begin stairmaster, elliptical at 4 wks; Running straight ahead at 8 weeks
PHASE III 8-12weeks	Full	None	Full	Begin running straight at 8 weeks Continue Phase II exercises 10 wks: Begin jumping 12 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
PHASE IV >12 weeks	Full	None	Full	Goal full return at 16 weeks Advance Phase III as tolerated FSA completed at 16 wks***

***Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx 16 wks post-op for competitive athletes returning to play after rehab