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**ACL HAMSTRING REHAB PROTOCOL
With CONDYLE MICROFRACTURE**

GENERAL

Full passive ROM
Non Weight Bearing for 6 weeks
Brace on at all times, may bend to 90 degrees

WEEK 1

CPM 0-30 and advance to 0-90 as tolerated
Extension/Flexion—wall slides, sitting, prone
Patellar Mobilizations
Ankle pumps
Quad Sets with straight leg raises
Hamstring stretching (sit and reach with towel)
Bike & row with single leg

WEEK 2

Same as week 1
Hamstring Sets

WEEK 3

Same as week 2
Bike with both legs

WEEK 6

Aqua jogging

WEEK 9

Runners stretch for calf and Achilles
Stork Stand for Quads
Toe/heel Raises
Terminal 1/3 knee bends
Double knee bends
Swimming with fins

WEEK 10

Treadmill incline 7-12% walk
Elliptical Trainer
Rowing
Forward and backward jogging
Single Knee Bends

MONTH 3

Side to Side lateral Agility
Outdoor biking
Agility Exercises
Stairmaster

MONTH 4

Advance Agility
Leg press to 90°

6 MONTHS

Leg curls with no hyperextension
Ab/Adduction
Mini Squats with Bar
Balance Squats
Golf
Return to Sports