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## **ACL HAMSTRING REHAB PROTOCOL With MICROFRACTURE**

<b><u>GENERAL</u></b>	Full passive ROM Brace locked in extension for ambulation x 6 weeks May bend to 90 degrees only while not loading the knee
<b><u>WEEK 1</u></b>	CPM 0-30 and advance to 0-90 as tolerated Prone hangs Patellar Mobilizations Ankle pumps Quad Sets with straight leg raises
<b><u>WEEK 2</u></b>	Same as week 1 Biking with both legs Hamstring Sets
<b><u>WEEK 3</u></b>	Same as week 2 Achilles and calf stretch Hamstring stretching (sit and reach with towel)
<b><u>WEEK 7</u></b>	Treadmill 7% walk Terminal 1/3 knee bends Toe / heel Raises Wall slides Swimming with fins
<b><u>WEEK 10</u></b>	Double knee bends Rowing Forward and backward jogging Outdoor biking
<b><u>MONTH 3</u></b>	Single knee bends Agility Exercises Stairmaster Leg press to 90° Leg curls with no hyperextension Transition into ACL stabilization brace
<b><u>6 MONTHS</u></b>	Return to Sports