Aaron Wey MD, FAAOS, FACS
Adult & Pediatric Spine Surgeon
Complex & Comprehensive Spine Surgery

Aaron Wey, MD, FAAOS, FACS
870 Palisade Ave, Suite 205, Teaneck, NJ 07666
Tel (201) 836-1663 - Fax (201) 836-5729
aaronweymd.com

ACL Reconstruction, Bone-Tendon-Bone Autograft or Allograft

November 1, 2026

This is the rehabilitation plan I ask your physical therapist to follow after your ACL Reconstruction, Bone-Tendon-Bone Autograft or Allograft. Bring it to your first therapy visit. It is a framework, not a prescription: your therapist adjusts the pace to how you are healing, and anything we discussed in the office takes precedence over what is printed here. If something on this page does not match what we talked about, ask me.

Operation	ACL Reconstruction, Bone-Tendon-Bone Autograft or Allograft
Physical therapist	Please send progress notes to the office and call with any question about the plan.

Post-op days 1-14

EXERCISES

- Dressing:
  - POD 1: Debulk dressing, TED Hose in place
  - POD 2: Change dressing, keep wound covered, continue TED Hose
  - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 4 weeks - Locked in extension for ambulation
  - Open to available range when pt has good quad control (no extensor lag)
- Crutches - weight bearing as tolerated (WBAT) in brace (D/C when gait is normal - generally at 2 weeks)
- Patellar mobilization (teach patient)
- Calf pumping
- AAROM 0-90 degrees (passive extension, active flexion, heel slides)
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads / Hamstring
- Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
- Mini squats - 0-45 degrees in parallel bars
- Weight shifts
- Total Gym (level 3-5) - Mini squats 0-45 degrees
  - Passive flexion to 90 degrees max (push up with opposite leg)
- Leg press 0-45 degrees with light resistance (up to ¼ body weight)
- Hamstring curls - Carpet drags or rolling stool (closed chain)
- Double leg heel raises
- Parallel bar ambulation - Forwards / backwards / lateral
- Stationary bike for ROM - Complete cycle as able
- Ice Pack with knee in full extension after exercise

GOALS

- Full passive extension
- Flexion to 90 degrees
- Good quad control

Aaron Wey MD, FAAOS, FACS
Adult & Pediatric Spine Surgeon
Complex & Comprehensive Spine Surgery

Aaron Wey, MD, FAAOS, FACS
870 Palisade Ave, Suite 205, Teaneck, NJ 07666
Tel (201) 836-1663 - Fax (201) 836-5729
aaronweymd.com

ACL Reconstruction, Bone-Tendon-Bone Autograft or Allograft (continued) November 1, 2026

Weeks 2-4

EXERCISES

- Brace x 4 weeks - Open to available range
- Crutches - WBAT, D/C when gait is WNL
- Continue appropriate previous exercises and following ex without brace
- Scar massage when incision healed
- AAROM, AROM through full range as tolerated
- Electrical stimulation - Continue as needed
- SLR x 4 on mat - Add light ankle weights if quad control is maintained
- Wall squats - No knee flexion past 45 degrees
- Total Gym - Progress levels of Mini-squats, 0-45 degrees
- Leg Press 0-45 degrees with resistance no more than 1/2 body weight
- Hamstring curls on weight machine with light resistance
- Forward, lateral and retro step downs in parallel bars
  - No knee flexion past 45 degrees (small step)
- Single leg heel raises
- Proprioceptive training - Single leg standing in parallel bars
  - Double leg BAPS for weight shift
- Stationary bike - Progressive resistance and time
- Treadmill - Forwards and backwards walking
- Stretches - Hamstring, Hip Flexors, ITB

GOALS

- ROM 0-110 degrees
- No effusion
- No extensor lag

Weeks 4-6

EXERCISES

- D/C Brace
- Continue appropriate previous exercises
- PROM, AAROM, AROM to regain full motion
- Standing SLR x 4 with Theraband bilaterally
- Mini squats, Wall squats 0-60 degrees - Progress to single leg
- Leg press 0-60 degrees with resistance no more than 1/2 body weight
- Forward, lateral and retro step downs 0-60 degrees (medium step)
- Proprioceptive training - Single leg BAPS, ball toss and body blade
- Elliptical trainer
- Pool therapy - Walking / running (no kicking)

Aaron Wey MD, FAAOS, FACS
Adult & Pediatric Spine Surgeon
Complex & Comprehensive Spine Surgery

Aaron Wey, MD, FAAOS, FACS
870 Palisade Ave, Suite 205, Teaneck, NJ 07666
Tel (201) 836-1663 - Fax (201) 836-5729
aaronweymd.com

ACL Reconstruction, Bone-Tendon-Bone Autograft or Allograft (continued) November 1, 2026

GOALS

- Full ROM
- Normal gait

Weeks 6-9

EXERCISES

- Continue appropriate previous exercises
- Wall squats 0-90 degrees
- Leg press 0-90 degrees with resistance as tolerated
- Hamstring curls with resistance as tolerated
- Forward, lateral and retro step downs 0-90 degrees (large step)
- Hip weight machine x 4 bilaterally
- Proprioceptive training - Grid exercises
- Stationary bike - 15-20 minutes at a time, at least 70 rpm
- Treadmill - Walking progression program

GOALS

- Walk 2 miles at 15 min/mile pace

Weeks 9-12

EXERCISES

- Continue appropriate previous exercises with progressive resistance
- Fitter
- Slide board
- Functional activities - Figure 8s, gentle loops, large zigzags
- Stairmaster - Small steps
- Pool therapy - No swimming laps
- Quad stretches

GOALS

- Walk 3 miles at 15 min/mile pace

Months 3-4

EXERCISES

- Isokinetic testing at 180 and 300 degrees/sec - Must have 80% of opposite leg to clear for straight line running
- Continue appropriate previous exercises
- Knee extension weight machine
- Short arc quads
- Agility drills / Plyometrics
- Treadmill - Running progression program if cleared
- Pool therapy - Swimming laps

Aaron Wey MD, FAAOS, FACS
Adult & Pediatric Spine Surgeon
Complex & Comprehensive Spine Surgery

Aaron Wey, MD, FAAOS, FACS
870 Palisade Ave, Suite 205, Teaneck, NJ 07666
Tel (201) 836-1663 - Fax (201) 836-5729
aaronweymd.com

ACL Reconstruction, Bone-Tendon-Bone Autograft or Allograft (continued) November 1, 2026

GOALS

- Run 2 miles at easy pace

Months 4-6

EXERCISES

- Repeat Isokinetic testing as needed
- Continue appropriate previous exercises
- Sit-up progression
- Running progression to track
- Transition to home / gym program

GOALS

- Return to all activities

NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP

Home exercise sheet - knee post-op phase I

Perform exercises below frequently: 30 reps, 3-5x a day

(The exercise illustrations on this page were not captured by the text extraction.)

Abbreviations

AROM / AAROM / PROM: active / active-assisted / passive range of motion. ROM: range of motion. ER / IR: external / internal rotation. ABD / ADD: abduction / adduction (away from / toward the midline). FLEX / EXT: flexion / extension. WBAT / PWB / TTWB / NWB: weight bearing as tolerated / partial / toe-touch / non-weight bearing. SLR: straight leg raise. HS: hamstrings. ITB: iliotibial band. UE / LE: upper / lower extremity. UBE: upper body ergometer (arm bike). BAPS: balance board. BFR: blood flow restriction training. PREs: progressive resistance exercises. D/C: discontinue. prn: as needed. POD: post-operative day. TENS: transcutaneous electrical nerve stimulation. ADLs: activities of daily living.

Source

Adapted from Galland/Kirby, adapted from William Beaumont Army Medical Center, Physical Therapy Section, "ACL Reconstruction - Bone-Tendon-Bone Auto Allograft", Undated, published by William Beaumont Army Medical Center at https://william-beaumont.tricare.mil/Health-Services/Hospital-Care-Surgery/Post-Operative-Rehabilitation-Protocols (a work of the U.S. Government in the public domain).

Scan for the current version of this protocol, and the others, at aaronweymd.com/post-op-protocols
aaronweymd.com/post-op-protocols/acl-reconstruction-btb/