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## PCL or ACL reconstruction-Multiligament Knee Protocol

With LCL, posterolateral, or MCL reconstruction

Physical Therapy Protocol

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	<b>WEIGHT BEARING</b>	<b>Range of Motion</b>	<b>Goals</b>	<b>EXERCISES</b>
<b>0-2 weeks</b>	Non-weight bearing in immobilizer with crutches.	None	Decreased pain Decreased swelling	1-Straight leg raises in brace 2-Calf pumps
<b>2-4 weeks</b>  <i>*Physical Therapy to start at 2 weeks</i>	Weight bearing as tolerated in immobilizer	1-Passive 0-90° when seated 2- No ROM during ambulation.	*Passive ROM 0-90 *No quad lag	<b>Strengthening: in brace:</b> SLR's; hip extension exercises; hip abduction; quad sets
<b>4-6 weeks</b>	WBAT in immobilizer	1-Passive 0-120 when seated 2-No ROM during ambulation	ROM 0-120	1- Cont strengthening in brace 2- Calf raises
<b>6-12 weeks</b>	1-As tolerated 2-can remove immobilizer with good quad control	1-Advance to full active ROM	1-Full ROM by 8 weeks 2-Normal gait	1-wall slides (0-45 degrees) 2-leg presses to maximum of 90 degrees of knee flexion 3- No hamstring resistance strengthening 4- Closed chain only 5- Stationary bike 6- Pool exercises
<b>13-16 weeks</b>	As tolerated without brace	Full ROM	Symmetric quad girth and strength	1-Advance resistance strengthening 2-Closed chain only- squats, leg press, hamstring curls 3-No running/jumping/deep squats
<b>17-20 weeks</b>	As tolerated Ok to begin jogging on treadmill if good quad strength	Full ROM	1-Normal reciprocal jogging gait 2-normal strength	1-Advance strengthening with increase in weights 2-No jumping/ sports/cutting/pivoting activities 3-CV conditioning
<b>21+ weeks</b>	As tolerated	Full ROM	Progress into sport specific activities	1-Advance functional training program, add agility drill program <b>Return to Sports:</b> 1->80% quad strength 2- >90% hop test 3- cutting/running confidence 4-physician clearance 5-minimum 8 months