

## **ACL/MCL/PCL RECONSTRUCTION**

### **1<sup>ST</sup> 4 WEEKS:**

Bledsoe brace locked at 30-45 degrees of flexion

Weight Bearing: NWB week 1-2, 25% WB week 3-4

### **WEEK 1-2: (Day 1-14)**

**ROM:** 0 – 70 degrees

#### **EXERCISE:**

Patella mobilization

Calf stretch with sheet

Sitting hamstring stretch

Ankle pumps

Quad sets (E-stim for quad re-education)

Straight Leg Raise flexion week 1 (e-stim for quad re-education)

Week 2 add:

Straight Leg Raise abduction

Adductor sets with towel roll above MCL

Knee extension 60 – 30 degrees

Multi-angle isometrics 60, 40 degrees

### **WEEK 3-4: (Day 15-28)**

**ROM:** 0-90 Degrees

#### **EXERCISES:**

Continue to progress weight with above exercises

Knee ext with weight 90 – 30

### **WEEK 5-6: (Day 29-42)**

**WEIGHT BEARING:** 50% Week 5 with 2 crutches, Week 6: 75% with 1 crutch

**ROM:** Week 5: 0 – 100, Week 6: 0-110

**BRACE** – functional MCL sport brace week 6

#### **EXERCISE:**

##### **Week 5: (Day 29-35)**

Standing calf stretch

Multi angle hip machine, pad above knee – flex, abd, add

Wall squats to 60

Toe rises  
Mini-squats  
Weight shifts  
Balance work: bilateral lower extremity on baps, balance master

### **Week 6: (Day 36-42)**

Leg Press 0-50 degrees – bilateral lower extremity – light resistance  
Closed chain terminal knee ext with theraband above knee joint line  
Water walking

### **WEEK 7-11 (Day 43-77)**

**WEIGHT BEARING:** full, no crutches

**ROM:** work to full

#### **EXERCISE:**

Standing and prone quad stretch, ITB stretch  
Leg Press 0 – 60 bilateral and unilateral, increased resistance  
Toe press on leg press  
Toe rise over step  
Step up/down – starting 2-4 inch, and progressing.  
Smith Press 0 – 60  
Bike (at 8 weeks)  
Treadmill - forward  
Unilateral balance activities: unilateral stance on minitramp, theraband box drill, balance master

### **WEEK 12-14 (Day 78-98)**

#### **EXERCISE:**

Initiate hamstring work – curls, and ext on 4 way hip, ext SLR  
Stairclimber  
Elliptical machine – forward and backward  
Treadmill – forward and backward- may use incline and resistance  
Isokinetic quads 100 – 35 (do not pull back and activate hamstrings) (120,180,240,300)  
Pool – deep well cycling, scissor kicking  
Running forward in the water  
Week 14 – initiate biodex flex and ext at 120, 180, 240, 300 degrees/sec

### **WEEK 16: (Day 106-112)**

Isokinetic test – goals and criteria to initiate running program:

1. Peak torque to body weight ratio within 10% of non-involved side
2. Peak torque quads at least 70% of non-involved side

Depending on KT 2000 results and isokinetic test, initiate light running program at 16-18 weeks – see running program for week by week guidelines.

**At 5 – 6 Months:**

Initiate 2 leg plyometrics if less than or equal to 20% deficit on isokinetic test and satisfactory KT2000