



14 Thomas Point. Rd
Brunswick, ME 04011

Phone (207) 442-0325
Fax (207) 443-4578

Rehabilitation Following ACL-PTG and Concurrent LCL Allograft Reconstruction

Immediate Post-Operative Phase – Weeks 1-2

Brace – Locked at 0 degrees extension (6 weeks)

Non-Weight Bearing (NWB) with bilateral crutches (4 weeks)

No active knee flexion (6 weeks)

Ice and Elevation- Ice 20-30 min every 1-2 hrs as needed for swelling
Elevate affected lower extremity during ice.

Muscle stimulation- Electrical stimulation to Quads (3-4 times/day) during
Quad Exercise as needed

PROM 0-90 Degrees- Flexion to be performed with valgus stress

Patellar Mobilization to Superior (extension) and Inferior (flexion) directions

Exercises

- Ankle pumps
- Quad sets
- Glut sets
- SLR in Flexion (supine) and Adduction (side lying) **ONLY**
- Passive knee extension to zero **ONLY**
- Hamstring, Gastroc, and Quadriceps stretch

Intermediate Post Operative Phase-Week 2-4

Brace locked at 0 degrees Extension

Non-Weight Bearing with bilateral crutches

Ice and Elevation –with knee in extension after exercises

No active knee flexion (6 weeks)

PROM 0-115 degrees-Flexion to be performed with valgus stress

Muscle stimulation- Electrical stimulation to Quads (3-4 times/day) during
Quad exercise as needed

Exercises:

- As above in Immediate Post Operative Phase
- Multi angle Quadriceps isometrics at 90 & 60 degrees
- Knee extension 90-40 degrees

Return to Function Phase- Week 4-8

Brace – D/C Straight leg brace 6 weeks, Move to Custom Medial Unloader for all activity

WBAT week 4-6, Weaning from crutches, WBAT in Unloader brace week 6 and beyond

Ice and Elevation –with knee in extension after exercises

PROM 0-130 degrees, AROM 0-110 degrees

Muscle stimulation- Electrical stimulation to Quads (3-4 times/day) during
Quad exercise as needed

Exercises:

- As above
- Mini squats/Wall sits to 40 degrees
- Initiate Eccentric prone Hamstring strengthening (week 6) without weight
- Initiate Gait training in Unloader brace week 6- Avoid varus gait (emphasize toe out)

Return to Activity Phase- Week 8-16

Ice and Elevation –with knee in extension after exercises

Medial Unloader brace for all activity

PROM Full, AROM 0-110 degrees

Wean from Unloader brace for ADLs (week 12)

Exercises: Week 8-12-

- Continue closed chain exercises with emphasis on eccentric Quad control
- Bicycle for ROM/Strength
- Initiate weighted Hamstring strengthening 0-90 degrees
- Initiate Abduction strengthening (week 9)

Exercises: Week 12-16-

- Wall slides/squats to 90 degrees
- Leg press 10-70 degrees
- Begin lateral training
- Initiate single leg proprioceptive activity in Unloader only

Return to Sport Phase- Week 16-26

- Continue use of Unloader brace for sports and heavy activity only
- Continue to progress closed kinetic chain strengthening exercises and unilateral proprioception
- Initiate interval running, lateral cutting, jumping, plyometric and agility program once isokinetic knee flexion/extension tests >85% of contralateral limb

****Return to full sport participation no earlier than 6 months post operatively, recommended use of Custom Unloader Brace for at least 1 year.