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REHAB PROTOCOL: ACL and MCL Reconstruction

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

EARLY PHASE (Weeks 0-4)

- Weight Bearing and Range of Motion**
 - o 0-6 weeks: toe-touch weight bearing w/ crutches
 - o ROM: A/AAROM 0-90 degrees as tolerated
- Brace Use:**
 - o Locked in full extension at all times other than PT
- Therapeutic Elements:**
 - o Modalities as needed
 - o Patella Mob; SLR's with electric stim.; co-contractions, prone hangs
 - o Estim; Co-contractions
 - o **No abduction of hip or leg at any time**
- Goals:**
 - o a/aa/ROM: 0-90 degrees
 - o Control pain/swelling
 - o Quad control

RECOVERY PHASE (Weeks 5-8)

- Weight Bearing and Range of Motion:**
 - o Discontinue crutches at week 6
- Brace Use:**
 - o At all times, open to AROM; discontinue at week 8
- Therapeutic Elements:**
 - o Continue above
 - o Gentle hip abduction with no resistance below knee
 - o Wall-sits 0-45
 - o Mini-squats with support 0-45
 - o Carpet drags
 - o Pool therapy
 - o Treadmill walking by 8 weeks
- Goals:**

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- o a/aa/ROM: 0-110 degrees by 6 weeks and free by 8 weeks
- o SLR x 30
- o No effusion

STRENGTHEN PHASE (Weeks 8-12)

- Weight Bearing and Range of Motion:**
 - o Full
- Therapeutic Elements:**
 - o Continue above with increased resistance
 - o Step-downs
 - o Treadmill
 - o Stretching
- Goals:**
 - o Walk 1-2 miles at 15 min/mile pace

REINTEGRATION PHASE (Months 3-5)

- Weight Bearing and Range of Motion:**
 - o Full
- Brace Use:**
 - o None
 - o If return to sport, fitting for custom brace by 5 months
 - o **Can start jogging/running at 6 months**
- Therapeutic Elements:**
 - o Slide boards
 - o Begin agility drills
 - o Figure 8's
 - o Gentle loops
 - o Large zig-zags
 - o Swimming
 - o Begin plyometrics at 4 months
- Goals:**
 - o Treadmill (walk 1-2 miles at 10- 12 min/mile pace)
 - o Return to competitive activities

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____