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REHAB PROTOCOL: ACL, PCL, Posterolateral Corner Reconstruction

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase 1: Weeks 0-2

- Brace on at all times – use crutches
- No active or passive motion during first two weeks after surgery
- Anti-inflammatory modalities to knee daily
- Cryotherapy
- Straight leg raises daily (up to 300-500 reps) in the brace
- **Foot-flat weightbearing (<10lbs) with brace locked at zero degrees**
- Electrical Stimulation to Quad if poor control
- **Brace on at all times through week 12**

Phase 2: Weeks 2-6

- Passive terminal extension (0-40 deg) / Active flexion to limits below
- Quadriceps re-education (electrical stim, biofeedback).
- Hamstring and hip progressive resistance exercises.
- Isometrics at 60 deg flexion / Straight leg raises
- Patellar mobilization
- **Weight bearing: remain limited – up to 10lbs with brace locked at zero degrees**
- Cryotherapy
- Goals: 90 deg flexion by end week 4
 - o 110 deg flexion by end week 6
- **Brace on at all time through week 12 – continue crutches through week 6**

Phase 3: Weeks 6-12

- Transition to smaller brace
- Begin squat/step program
- Begin proprioception program
- Cryotherapy
- Begin quadriceps isotonic with proximal pad in 40-90 deg arc

- Leg press in 40-90 deg arc - start with eccentrics.
- Continue closed chain quadriceps strengthening in 90 deg arc (leg press, wall slides) Hip Strengthening
- Hamstring (isometric only), Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Anti-Inflammatory Modalities
 - Closed chain stationary bike - minimal resistance up to 20 minutes (start with short crank)
- **Brace on at times through week 12**

Phase 4: Month 3 - 6

- Quadriceps isotonic - full arc for closed chain. Open chain: 40-90 deg arc.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- OK to walk on treadmill (forward) & slow retrostep
- Continue isolated muscle stretching & strengthening
- Continue bike

Phase 5: Month 6 and Beyond

- Full arc progressive resistance exercises - emphasize quads
- Agility drills
- Advanced functional exercises
- Progress running program - cutting
- Isokinetic test at 60deg/second, 180deg/second, 240deg/second
- Begin running program if quad control present

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____