

## ACL & LCL/PLC Reconstruction Rehabilitation Protocol w/ Graft: \_\_\_\_\_

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-2 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• SLR x 20 without lag</li> <li>• Normal gait mechanics</li> <li>• PROM: 0 → 90°</li> <li>• Hold wall slides x 2 wks</li> </ul>	<p>Knee extension brace locked at 0 deg X 6 weeks</p> <p>TTWB x 2 weeks</p>	<ul style="list-style-type: none"> <li>• Avoid open chain extension</li> <li>• Begin PROM 0 – 90 deg</li> <li>• Patellar mobilization all directions</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>• NMES if unable to perform SLR without lag</li> <li>• Cryocuff/Game Ready Compression/ Ice</li> </ul>	<ul style="list-style-type: none"> <li>• Bike for ROM (rocking)</li> <li>• Flexion: heel slides, seated knee flex</li> <li>• Extension: heel prop, prone hang</li> <li>• Long sitting HS stretch</li> <li>• Quad sets, glut sets</li> <li>• SLR x4 with assist until no lag</li> <li>• Ankle pumps</li> <li>• Calf raises on leg press</li> <li>• Gait training on flat TM</li> </ul> <p>****No isolated resisted OKC hamstring exercises x 4 months***</p>
<p><b>Phase 2 (2-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Minimal joint effusion</li> <li>• Full functional quad/HS strength</li> <li>• ADLs WNL</li> <li>• Avoid isolated active hamstring exercises</li> </ul>	<p>Knee extension brace locked at 0 deg X 6 wks for ambulation</p> <p>50% WB x weeks 2-6</p>	<ul style="list-style-type: none"> <li>• Begin full A/ PROM as tolerated</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>• Hi-volt IFC for edema control/ice</li> <li>• Scar STM when incision healed</li> <li>• Patellar mobs all directions</li> <li>• Gentle prone quad stretch/knee flex</li> <li>• Manual assist extension/passive stretch</li> <li>• HS STM for extension assist</li> </ul>	<ul style="list-style-type: none"> <li>• Bike for ROM; may progress to full revolution as ROM allows</li> <li>• Standing TKEs when no quad lag</li> <li>• Heel slides/wall slides/seated assist flexion</li> <li>• Prone hang, heel prop</li> <li>• LE stretching: HS, quads, ITB, piriformis (pain free)</li> <li>• Quad sets/glut sets, clams/mini-hydrants/glut pushes</li> <li>• Calf raises on leg press</li> <li>• Very light leg press</li> </ul>



<b>Phase 2 (cont.)</b>			
<b>Phase 3 (7-12 weeks)</b>  Goals: <ul style="list-style-type: none"> <li>● Maintain full AROM</li> <li>● Bilateral hopping without pain or swelling</li> </ul>	D/C hinged brace, convert to ACL Brace  Progress to FWB	<ul style="list-style-type: none"> <li>● Full A/PROM</li> </ul> Manual: <ul style="list-style-type: none"> <li>● Joint mobs PRN for full flex and ext ROM</li> <li>● Patellar mobs/ Scar STM with extractor</li> </ul> Modalities: <ul style="list-style-type: none"> <li>● Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>● Bike, elliptical, stair master</li> <li>● LE stretches</li> <li>● Wall sits/squats &lt;60° flex, progress to ball toss with wall sit and SL squat</li> <li>● calf raise</li> <li>● Step ups/lateral step over's- progress to faster pace</li> <li>● Lunges- stationary (around week 10)</li> <li>● SL Hop (around week 10)</li> <li>● Lateral walks with sport cord</li> <li>● Wobble board/bosu</li> <li>● Begin walk-jog progression week 12 if full ROM/nil edema/full strength and can perform SL hops x10 pain-free (SUPERVISED)</li> <li>● No cutting or pivoting</li> </ul>
<b>Phase 4 (13-16 weeks)</b>  Goals: <ul style="list-style-type: none"> <li>● Jogging without pain/swelling</li> <li>● SL raises w/o difficulty</li> </ul>	CTI/ACL brace for activity & throughout the day	<ul style="list-style-type: none"> <li>● Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>● Continue everything in phase 3</li> <li>● Increase walk-jog progression to easy pace with incline</li> <li>● May begin swimming</li> <li>● Ladder drills slow pace</li> </ul>
<b>Phase 5 (17-20 weeks)</b>		<ul style="list-style-type: none"> <li>● Continue Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>● Gym-program activities</li> <li>● Sport-related strengthening Gym-program activities</li> <li>● Progress plyometric progression</li> </ul>

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<p>Goals:</p> <ul style="list-style-type: none"><li>• Sport-specific training without pain or swelling</li><li>• Functional Knee Test results &gt;85% (taken at week 20)</li></ul>	<p>CTI/ACL brace for activity &amp; throughout the day</p>	<ul style="list-style-type: none"><li>• Modalities PRN</li></ul>	<ul style="list-style-type: none"><li>• Can begin isolated resisted hamstring exercises</li></ul>
<p><b>Phase 6 (&gt;20 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>• back to full daily activities</li></ul>	<p>CTI/ACL brace for activity &amp; throughout the day</p>	<ul style="list-style-type: none"><li>• Continue Full A/PROM</li></ul>	<ul style="list-style-type: none"><li>• Progress sport/job-specific training (pivoting, change of direction)</li><li>• Begin ladder footwork drills at week 25</li><li>• Begin figure of 8 running</li></ul>