ACL AND PCL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	Full w/ brace	**0-1 week**: Locked in full extension for ambulation and sleeping **1-4 weeks**: Unlocked 0-90 for ambulation, remove for sleeping *Off for hygiene and exercises	As tolerated	Quad sets, patellar and tibiofibular mobs, gastroc/soleus stretch, leg hangs SLR w/ brace in full extension until quad strength prevents extension lag Begin side-lying hip/core **Hamstrings avoidance until 6 wks post-op**
PHASE II 4-12 weeks	Full	None	Full	Begin toe raises, closed chain exercises, eccentric quads balance exercises, step-ups, front and side planks; advance hip/core Start stationary bike as tolerated Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks
PHASE III 12-16 weeks	Full	None	Full	Advance Phase II exercises and closed chain; maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance Progress proprioception activities Begin stair master and elliptical at 8 wks; running straight ahead at 12 weeks
PHASE IV 16-24 weeks	Full	None	Full	**16 wks:** Begin jumping **20 wks**: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills **22 wks**: Advance as tolerated FSA completed at 22 wks***
PHASE V >6 months	Full	None	Full	Gradual return to sports participation after completion of FSA and clearance by MD

*Brace may be removed at night after first post-operative visit (day 7-14) if directed

*Same protocol applies for all graft choices

*If concomitant meniscus repair or cartilage/meniscal transplant is performed, protocol will be modified

***Completion of FSA (Functional Sports Assessment/Lower Body Assessment) is not mandatory, but highly recommended at approximately 22 weeks postop for competitive athletes returning to sport

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