

ACL AND PCL RECONSTRUCTION REHABILITATION PROTOCOL

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