# ACL, PCL, AND POSTEROLATERAL CORNER RECONSTRUCTION REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|---|---|---|---|---|
| **PHASE I** 0-6 weeks | Heel touch in brace | **0-2 weeks**: Locked in full extension for ambulation and sleeping<br><br>**2-6 weeks**: Unlocked 0-90 and worn daytime<br><br>Off for hygiene and exercises | **0-2 weeks:** 0-45<br><br>**2 weeks+:** advance slowly as tolerated | Quad sets, patellar and tibiofibular mobs, gastroc/soleus stretch, leg hangs<br><br>SLR w/ brace in full extension until quad strength prevents extension lag<br><br>Begin side-lying hip/core<br><br>***Hamstring avoidance until 6 wks post-op<br><br>***Avoid tibial rotation, hyperextension, and varus force to the knee** |
| **PHASE II** 6-8 weeks | Advance 25% weekly until full WB by 8 wks | Discontinue when WB comfortably | Full | Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core<br><br>Start stationary bike as tolerated<br><br>**Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks** |
| **PHASE III** 8-16 weeks | Full | None | Full | Advance closed chain strengthening<br><br>Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance |
| **PHASE IV** 16-24 weeks | Full | None | Full | **16 wks:** Begin stair master, elliptical, running straight ahead, and jumping<br>**20 wks**: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills<br>**22 wks**: Advance as tolerated<br><br>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 ACL graft choices

*Same protocol applies for ACL and posterolateral corner without PCL

*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

BRIAN J. COLE, MD, MBA
MIDWEST ORTHOPAEDICS AT RUSH
BrianColeMD.com

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