

# ACL, PCL, AND POSTEROLATERAL CORNER RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	Heel touch in brace	<p><b>0-2 weeks:</b> Locked in full extension for ambulation and sleeping</p> <p><b>2-6 weeks:</b> Unlocked 0-90 and worn daytime</p> <p>Off for hygiene and exercises</p>	<p><b>0-2 weeks:</b> 0-45</p> <p><b>2 weeks+:</b> advance slowly as tolerated</p>	<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><b>*Hamstring avoidance until 6 wks post-op</b></p> <p><b>*Avoid tibial rotation, hyperextension, and varus force to the knee</b></p>
<b>PHASE II</b> 6-8 weeks	Advance 25% weekly until full WB by 8 wks	Discontinue when WB comfortably	Full	<p>Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core</p> <p>Start stationary bike as tolerated</p> <p><b>Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks</b></p>
<b>PHASE III</b> 8-16 weeks	Full	None	Full	<p>Advance closed chain strengthening</p> <p>Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance</p> <p>Begin stair master, elliptical, and running straight ahead at 12 weeks</p>
<b>PHASE IV</b> 16-24 weeks	Full	None	Full	<p><b>16 wks:</b> Begin jumping</p> <p><b>20 wks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills</p> <p><b>22 wks:</b> Advance as tolerated</p> <p>FSA completed at 22 wks***</p>
<b>PHASE V</b> >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