

# ACL RECONSTRUCTION WITH MCL REPAIR OR RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	Heel touch weightbearing with crutches	Locked in full extension for sleeping and all activity*  Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ  <b>Avoid valgus stress for 8 wks to protect MCL</b>
<b>PHASE II</b> 2-8 weeks	<b>2-6 weeks:</b> Heel touch WB with crutches  <b>6-8 weeks:</b> Progress to full WB	<b>2-8 weeks:</b> Locked 0-90° Off at night  Discontinue brace by 8 weeks when comfortable WB	As tolerated, caution to avoid valgus stress	<b>2-6wks:</b> Add side-lying/floor based quad/hamstring/hip and core, advance quad set and stretching  <b>6-8wks:</b> Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes and pelvic stability  Activities w/ brace until 6 weeks; then w/o brace as tolerated  <b>Avoid valgus stress to protect the MCL</b>
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Progress closed chain activities  Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
<b>PHASE IV</b> 12-16 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, and eccentric hamstrings  Begin stationary bike at 12 wks with low resistance  Swimming okay at 12 wks
<b>PHASE V</b> 16-24 weeks	Full	None	Full	Start elliptical and running straight ahead after 16 weeks, jumping after 18 weeks  >20wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills  FSA completed after 22 weeks
<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 graft choices

\*\*\*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