TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

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ACL/MCL Hamstring or Allograft Reconstruction

The intent of this protocol is to provide the therapist and patient with guidelines for the post-operative rehabilitation course after multi-ligament knee reconstruction. This protocol is based on a review of the best available scientific studies regarding knee rehabilitation. It is by no means intended to serve as a substitute for one's clinical decision making regarding the progression of a patient's post-operative course. It should serve as a guideline based on the individual's physical exam/findings, progress to date, and the absence of post-operative complications. If the therapist requires assistance in the progression of a post-operative patient they should consult with your surgeon. **Progression to the next phase based on Clinical Criteria and/or Timeframes as appropriate.**

Weeks 0-3 weeks post-op = Advanced Protective Phase:

Brace: Braced in full extension

Weight Bearing: Strict Non-Weight Bearing

ROM Goals:

Extension: Full **Flexion:** 0 degrees

Therapeutic Exercise:

Strengthening:

Three-way leg raises in brace (not flexion)
Functional quadriceps electric stimulation

Manual Therapy:
Patellar mobilization
Peri-patellar soft tissue mobilization

Cryotherapy: Six to eight times a day for 20 minutes

Weeks 4 to 9: Early Strengthening:

Brace: Open to 30 degrees and progress 10-15 degrees per week.

Weight Bearing: Non-weight bearing until full 6 weeks after surgery, then progress gradually to full weighbearing. Patient can discontinue crutches when able to fully bear weight.

ROM Goals:

Extension: Full extension
Flexion: 60 degrees by end of week 6, 90 degrees by end of week 9

Therapeutic Exercise:

Strengthening:
Quadriceps setting
Four-way straight leg raising in brace.
Open chain calf with theraband
****No open chain hamstring strengthening.**

Manual Therapy:
Patellar mobilization
Passive knee flexion
Peri-patellar soft tissue mobilization
Prone quadriceps stretching to 60 to 90 degrees

Weeks 10 to 14: Advanced Strengthening:

Brace: Brace can be discontinued.

Weight Bearing: Full weightbearing

ROM Goals:

Extension: Full extension

Flexion: Progress to full, although expect 10-15 degree loss of flexion with multiligamentous knee injuries.

Therapeutic Exercise:

Strengthening:
Quadriceps setting
Four-way straight leg raising in brace.
Half squats
Step downs
Slow progression of multi-plane closed chain exercises
****No open chain hamstring strengthening**

Proprioception: Balance activities

Core strengthening:
Trunk activities
Conditioning stationary bike

Manual Therapy:
Patellar mobilization
Passive knee flexion to 125 degrees
Peri-patellar soft tissue mobilization
Prone quadriceps stretching to 125 degrees
Soft tissue flexibility maintenance

Weeks 14 Plus: Functional Training & Return to Sports:

Therapeutic Exercise:

Strengthening:
Progression of multi-plane closed chain activities
Proprioception
Advanced core strengthening
Conditioning:
Stationary bike

******Running straight at 9 to 12 months**

Note: Return to sport based on provider team input and appropriate testing.

NOTE: A loss of 10 to 15 degrees of terminal flexion can be expected in complex knee ligament reconstructions. This does not cause a functional problem for patients and is not a cause for alarm.