

REHABILITATION PROTOCOL: ANTERIOR, POSTERIOR CRUCIATE LIGAMENT RECONSTRUCTION AND POSTEROLATERAL CORNER REPAIR/RECONSTRUCTION

☐ Phase 1 (Weeks 0-6)

- Weight bearing:
 - Toe-touch with crutches in full extension (weeks 0-2)
 - Toe-touch with crutches with brace unlocked 0-90° (weeks 2-6)
- Range of motion:
 - Weeks 0-2: PROM 0-45°
 - Weeks 2-6: PROM 0-90° (MAINTAIN ANTERIOR PRESSURE ON PROXIMAL TIBIA AS KNEE IS FLEXED FROM WEEKS 1-4 TO PREVENT POSTERIOR SAGGING)
- Therapeutic exercises
 - AVOID ACTIVE HAMSTRING ACTIVITY AND ACTIVE KNEE EXTENSION FROM 90-70° UNTIL POSTOP WEEK 4
 - Quad and hamstring sets and ankle pumps
 - Straight leg raise with brace in full extension until quad strength prevents extension lag
 - Hip abduction/adduction (RESISTANCE MUST BE PROXIMAL TO THE KNEE)
 - Hamstring/Calf stretch- Calf press with theraband progressing to standing toe raises with knee in full extension

☐ Phase 2 (Weeks 6-12)

- Weight bearing: Advance 25% weekly until full weight bearing by 8 weeks. Discontinue crutches 8 weeks
- Hinged knee brace:
 - Discontinue at 6 weeks if no extension lag
- Range of motion: Maintain full extension, work on progressive knee flexion (goal of 110° by week 6)
- Therapeutic exercises
 - Begin toe raises, closed chain quad, balance exercises, hamstring curls, stationary bike, step ups, front and side planks
 - Advance hip/core

☐ Phase 3 (Months 3-9)

- Weight bearing: Full
- Range of motion: Full and painless
- Therapeutic exercises
 - Advance closed-chain strengthening exercises (weeks 12-16), progressive proprioception/balance activities
 - Maintain flexibility
 - Treadmill walking—progress to jogging at 3 months

☐ Phase 4 (Months 9+)

- Maintain strength, endurance and function—initiate plyometric program
- Begin cutting exercises and sports specific drills
- Return to sports as tolerated
- Functional sports assessment recommended