



## **ACL Repair/Reconstruction with PCL Repair/Reconstruction AND MCL Repair/Reconstruction**

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- **Phase I – Immediate Post-Surgical Phase (Week 0-2)**
  - Goals:
    - Maintain integrity of reconstructed tissue
    - Gradually increase PROM
    - Decrease pain and inflammation
    - Prevent muscular inhibition
  - Cryotherapy for pain/inflammation
    - Ice 15-20 minutes every hour
  - Sleeping
    - Sleep in brace/knee immobilizer
  - Weight Bearing
    - Touch down weight-bearing in hinged brace
    - Crutches as needed
  - Brace
    - Hinged brace locked in extension for ambulation and sleeping
  - ROM
    - 0-60 degrees
  - Muscle Retraining
    - Quadriceps isometrics, SLR
    - Heel slides
  - Avoid excessive hamstrings stretches, active hamstrings exercises if hamstrings autograft used for 6 weeks
  - Exercises
    - Quad sets, patellar mobs, gastroc/soleus stretches
    - Side-lying hip/core
  
- **Phase II – Protection Phase (Week 2-6)**
  - Goals
    - Allow healing of soft tissue
    - Do not overstress healing tissue
    - Gradually increase ROM
      - Progression based on swelling/inflammation
    - Decrease pain and inflammation

- Week 2-4
  - Continue use of ice as needed
  - ROM
    - 0-90 degrees
  - Weight bearing
    - Continue touch-down weight-bearing
  - Muscle retraining
  - Core strengthening
  
- Week 4-6
  - May use heat prior to exercises
  - ROM
    - 0-120 degrees
  - Weight bearing
    - Continue touch-down weight-bearing
  - Muscle retraining
  - Core strengthening
  
- Phase III – Intermediate Phase (Week 6-12)
  - Goals
    - Full ROM (Week 6-8)
    - Focus on maintaining full extension
    - Eliminate swelling
    - Functional exercise movements
    - May discontinue brace (Dr. Hess discretion)
  - Criteria to progress to Phase III
    - Minimal inflammation/pain
    - Near full ROM
    - Strong quadriceps contraction
  - Weight bearing
    - Advance 25-50% weekly until full by 8 weeks
  - Continue quadriceps strengthening
  - Continue above exercises
  - May begin stationary bike
  - May begin wall squats
  - May begin pool program
  - Closed-chain quad exercises
  - Balance, proprioception
  - Core/hip/glute program

- Phase IV –Strengthening Phase (Week 12-18)

- Goals
  - Maintain full ROM
  - Improve limb strength and endurance
  - Gradual return to functional activities
- Criteria to progress to Phase IV
  - Full, non-painful ROM
  - Absence of swelling/inflammation
- Continue above exercises
- Advance closed-chain strengthening
- May begin straight-ahead running at 12 weeks
- May begin jumping at 16 weeks

- Phase V –Return to Activity Phase (Week 18-24+)

- Goals
  - Gradual return to strenuous work activities
  - Gradual return to recreational sports activities
- Criteria to progress to Phase V
  - Appropriate strength level/Clinical exam
- May begin sprinting, cutting, pivoting at 20-22 weeks
- Initiate plyometric program, sport specific drills at 20-22 weeks
- May complete functional sports assessment (FSA) at 24 weeks
- Clearance to return to sport dependent upon progress with PT, discussion with Dr. Hess