

ACL BTB Autograft, MCL Reconstruction



Name: _____

Dr: Dr. Chris LaPrade

Date: _____

●= Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Ankle Pumps	●	●	●	●	●	●	●	●							
Patella/Tendon mobilization	●	●	●	●	●	●	●	●							
Extension heel prop	No HE		Progression of HE to symmetry with other knee												
Seated HS and calf stretching	●	●	●	●	●	●	●	●							
Seated knee flexion ROM	≤90°		AROM progression (≈120° by 6 weeks, Full ROM by 10 weeks)												
Quad strength progressions	ISOs 0-60° SLR			90-60° arc PRE				Full arc PRE							
Hamstring strength progressions	No HS beyond AROM						ISOs, hip-based			Knee-based resisted arc PRE					
Hip Strength (no valgus/ADD x 8 weeks)	Standing (band above knees), mat-based ABD, Ext							Mat-based all directions, PRE							
Bridging	Knees extended - calves supported over ball							Standard bridge progressions							
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Stationary Bike	NO			ROM			Gradually progress intensity								
Swim – flutter kick	WB Restricted (NWB)						●	●	●	●	●				
Elliptical, Walking	WB Restricted (NWB)								●	●	●	●	●	●	●
Stair stepper, Rower	WB Restricted (NWB)										●	●	●	●	●
*NOTE FOR CARDIO	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)														
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Crutch weaning	WB Restricted (PWB)					●	●								
Calf raises	WB Restricted (PWB)						●	●	●	●	●	●	●	●	
Marching into SLS	WB Restricted (PWB)						●	●	●	●	●	●	●	●	
SLS balance progressions	WB Restricted (PWB)							●	●	●	●				
2 leg squat/Leg Press (2→1 leg)	WB Restricted (PWB)					≤70°					↑ Load, depth				
Shift & hold isometric over step	WB Restricted (PWB)							●	●	●	●				
Lunge & step-up/down progressions	WB Restricted (PWB)					≤70°					↑ Load, depth				
Band resisted directional stepping	WB Restricted (PWB)										●	●	●	●	
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Return to run guidelines	≥16 weeks post-op, YBT-Anterior ≤8 cm SSD, walk ≥1 mile no limp/no pain, Quad strength ≥70% LSI, ≥60% peak torque/BW														
Initial – single plane agility/speed												●	●	●	
Advance – multi directional agility													●	●	
Sport Performance (TRAC) Test	Baseline test: 4 months, F/u test: 7 & 10 months														
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf														●	
Outdoor biking, hiking, snowshoeing														●	
Sport Re-entry progressions														●	

****NMES & BFR Encouraged (per any contraindications)****

KEY PRECAUTIONS	No valgus stress x 8 weeks, No resisted hamstring curling through arc of motion x 3 months, Limit squat depth to ≤70° x 3 months, NO ER (cross-legged sitting) x 4 months, Avoid aggressive twisting/pivoting x 6 months
ABBREVIATIONS	(ISO) isometric, (KF) knee flexion, (LAQ) long arc quad, (PRE) progressive resistance exercise, (SLR) straight leg raise, (TKE) band-resisted terminal knee extension

ROM RESTRICTIONS
0-90° x 2 weeks then progress as tolerated

*No hyperextension (HE) x 2 weeks then restore to symmetry

BRACE SETTINGS

Immobilizer x 6 weeks

Weight Bearing status

PWB x 6 weeks

TIME LINES

Week 11-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)