

ACL, PCL, PLC Reconstruction

Physical Therapy Post-op Protocol

***Blood Flow Restriction (BFR) encouraged at all phases**

Weeks 0-6

Phase 1

- Weight Bearing: Touch down weight bearing (50% weight bearing) in brace (locked in extension)
- Brace:
 - 0-2 weeks - Locked in extension for ambulation and sleeping
 - 2-6 weeks – Unlock 0-30, progress 10 degrees per week to 0-90
- ROM: 2-6 weeks - 0-30 degrees, progress 10-15 degrees per week, goal 0-90 @ 6 weeks
- Exercises:
 - Quad sets
 - Patellar mobility
 - Gastroc/soleus stretch
 - SLR w/ brace in full extension until quad strength prevents extension lag
 - Side-lying hip/core
 - **Hamstrings avoidance until 6 wks post-op**

Weeks 6-12

Phase 2

- Weight Bearing: advance 25% weekly until full WB at 8 weeks
- Brace: discontinue at 6 weeks if no extension lag
- ROM: full
- Exercises:
 - Begin toe raises
 - Closed chain quads
 - Balance exercises
 - Hamstring curls
 - Stationary bike
 - Step-ups
 - Front and side planks
 - Advance hip/core

Weeks 12-16

Phase 3

- Weight Bearing: Full
- Brace: none
- ROM: Full
- Exercises:
 - Advance closed chain strengthening
 - Progress proprioception activities
 - Begin Stairmaster, elliptical and running straight ahead at 16 weeks

Weeks 16-24

Phase 4

- Continue as above.
- 16 weeks: Begin jumping
- 20 weeks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program

>6 months

Phase 5

- Gradual return to sports participation with clearance from PT and Surgeon.