



ACL/PCL RECONSTRUCTION PHYSICAL THERAPY PROTOCOL

Name: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week || Duration: 2 3 4 5 6 8 12 Weeks

Days 0-10:

- Brace locked in full extension at all times (sleeping, etc) - NO ROM
- NWB with crutches with brace locked in full extension
- Begin quad sets, SLRs, hip Ab/Adduction, ankle pumps, patellar mobs, hamstring and calf stretching

Day 10 - Week 4

- Weight bearing as tolerated **with crutches**
- Full active ROM as tolerated
- ROM passive **only to tolerance** (**Maintain anterior pressure on proximal tibia as knee is flexed – prevent posterior sagging at all times**)
- Add calf press with theraband progressing to standing toe raises with full knee extension
- Hamstring and calf stretching
- Standing hip extension

Weeks 4-8

- Weight Bearing: As tolerated w/ crutches (gradually discontinue after 6-8 weeks)
- Brace: 4-6 weeks: Unlocked for gait training/exercises only / 6-8 weeks: Gradually discontinue
- ROM: Maintain full extension and progressive flexion
- Add wall slides and mini-squats
- Resisted hip exercises in standing (**Resistance must be proximal to knee with hip ab/adduction exercises)

Weeks 8-12

- Weight Bearing: As tolerated, discontinue crutches
- Brace: May discontinue as tolerated
- ROM: As tolerated
- Stationary bike with light resistance (to begin) and seat higher than normal
- Add closed chain terminal knee extensions + Stairmaster + Balance and proprioception activities + Leg press (limiting knee flexion to 90)



MODERN ORTHOPEDICS

IAN BARRETT, MD
ORTHOPEDIC SURGERY
SPORTS MEDICINE

800 Pollard Road, Suite C30
LOS GATOS, CALIFORNIA 95032
TEL 408.353.0203
FAX 408.353.0204

Months 3-9

- Weight bearing Full, without use of crutches and with a normalized gait pattern
- ROM gain full and pain free
- Advance closed chain strengthening
- Progress proprioception and balance activities
- Maintain flexibility
- Begin treadmill walking to jog progression

After Month 9

- Weight bearing Full
- Maintain strength, endurance, and function
- Begin sport-specific functional progression (backward running, cutting, grapevine, etc.)
Progress to running
- May initiate a plyometric program if desired.

Signature _____

Date: _____