

## REHABILITATION PROTOCOL: ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION AND MEDIAL COLLATERAL LIGAMENT RECONSTRUCTION

### □ Phase 1 (Weeks 0-4)

- Weight bearing: Toe touch weight bearing with crutches in full extension
- Hinged knee brace
  - Locked in full extension for ambulation and sleeping (weeks 0-1)
  - Unlocked for ambulation and removed while sleeping (weeks 1-4)
- Range of motion: Active assisted range of motion (AAROM) → Active range of motion (AROM) as tolerated
- Therapeutic exercises
  - Quad and hamstring sets and heel slides
  - Non weightbearing stretch of the gastrocnemius and soleus
  - Straight leg raise with brace in full extension until quad strength prevents extension lag

### □ Phase 2 (Weeks 4-6)

- Weight bearing: As tolerated, discontinue crutch use
- Hinged knee brace: Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- Range of motion: Maintain full extension, work on progressive knee flexion
- Therapeutic exercises
  - Closed chain extension exercises
  - Hamstring curls, toe raises, balance exercises
  - Progress to weightbearing stretch of the gastroc and soleus
  - Begin use of stationary bicycle

### □ Phase 3 (Weeks 6-16)

- Weight bearing: Full
- Range of motion: Full and painless
- Therapeutic exercises
  - Begin hamstring strengthening
  - Advance closed chain strengthening exercises, proprioception activities
  - Begin use of stairmaster/ elliptical
  - Can start ahead running at 12 weeks

### □ Phase 4 (Months 4-6)

- Continue with strengthening (quad/hamstring) and flexibility
- Range of motion: Full and painless
- Therapeutic exercises
  - Begin hamstring strengthening
  - Begin cutting exercises and sport-specific drills
  - Maintenance program for strength and endurance
  - Return to sports at 6 months