



ACL and MCL Reconstruction REHAB Protocol

EARLY PHASE (Weeks 0-4)

Weight Bearing and Range of Motion:

0-4 weeks: toe-touch weight bearing w/ crutches
ROM: A/AAROM 0-90° as tolerated

Brace Use:

Locked in full extension at all times other than PT

Therapeutic Elements:

Modalities as needed
Patella Mob; SLR's with electric stim.; co-contractions, prone hangs
E-stim; contractions
No abduction of hip or leg at any time

Goals:

A/AA/ROM: 0-0-90
Control pain/swelling
Quad control

RECOVERY PHASE (Weeks 5-8)

Weight Bearing and Range of Motion:

PWB with crutches from weeks 5-6, then transition of WBAT

Brace Use:

At all times, open to AROM; discontinue at week 8

Therapeutic Elements:

Continue above
Gentle hip abduction with no resistance below knee o Wall-sits 0-45
Mini-squats with support 0-45
Carpet drags (not with PCL reconstruction!!)
Pool therapy
Treadmill walking by 8 weeks

Goals:

A/AA/ROM: 0-0-110 by 6 weeks and free by 8 weeks
SLRx30
No effusion

STRENGTHENING PHASE (Weeks 8-12)

Weight Bearing and Range of Motion:

Full

Therapeutic Elements:

Continue above with increased resistance
Step-downs
Treadmill
Stretching
Begin prone hangs and HSL (if PCL reconstruction)

Goals:

Walk 1-2 miles at 15 min/mile pace

REINTEGRATION PHASE (Months 3-5)

Weight Bearing and Range of Motion:

Full

Brace Use:

None
If return to sport, fitting for custom brace by 5 months
Can start jogging/running at 6 months

Therapeutic Elements:

Slide boards
Begin agility drills
Figure 8's
Gentle loops
Large zig-zags
Swimming
Begin plyometrics at 4 months

Goals:

Treadmill (walk 1-2 miles at 10-12 min/mile pace)
Return to competitive activities