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MULTIPLE LIGAMENT KNEE

RECONSTRUCTION

REHABILITATION PROTOCOL

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|  | **WEIGHT BEARING** | **BRACE** | **ROM** | **EXERCISES** |
| **PHASE I**  0-2 weeks | No weight bearing | Locked during gait and sleeping  Unlocked for ROM exercises only | 0-90°  Emphasis on extension | Ankle pumps, gastroc stretch, SLR  PRONE knee ROM 0-90° (eliminate gravity from ROM exercises) |
| **PHASE II**  2-6 weeks | Toe touch weight bearing (<25% body weight) | Locked in extension during gait until protective quad function returns.  Transition brace to allow 0-60° during gait when able to perform 10 consecutive straight leg raises without extensor lag | Maintain full extension  Progress flexion up to 120 deg  Goal full extension and >90° flexion by 6 weeks. | Ankle pumps, gastroc stretch, SLR  PRONE knee ROM 0-120° (eliminate gravity from ROM exercises)  Soft tissue work, ice, compression to reduce swelling |
| **PHASE III**  6 weeks -  10 weeks | Advance to Full WB | Transition brace to allow 0-90° | Full | Advance to closed chain quads, begin balance work, core/pelvic and stability work |
| **PHASE IV**  10-14 weeks | Full | None | Full | Progressive squat program, initiate step up program, leg press/lunges, isotonic knee extensions (90-40 deg, closed chain).  Versaclimber/Nordic Track/elliptical. Retrograde treadmill ambulation. Ok for resisted biking. |
| **PHASE V**  14-22 weeks | Full | None | Full | Progress flexibility/strengthening, progression of function: in-line jogging at 16 weeks (if 8” step down is satisfactory)  Forward/backward running, initiate plyometric program @ 20 wks  Sport specific drills at 24 wks |