

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 sleepingUnlocked for ROM exercises only | 0-90°Emphasis on extension | Ankle pumps, gastroc stretch, SLRPRONE 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 extensionProgress flexion up to 120 degGoal full extension and >90° flexion by 6 weeks. | Ankle pumps, gastroc stretch, SLRPRONE 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 wksSport specific drills at 24 wks |