



WAYPOINT

ORTHOPAEDIC ASSOCIATES

ACL/MCL Hamstring or Allograft Reconstruction

The intent of this protocol is to provide the therapist and patient with guidelines for the post-operative rehabilitation course after multi-ligament knee reconstruction. This protocol is based on a review of the best available scientific studies regarding knee rehabilitation. It is by no means intended to serve as a substitute for one's clinical decision making regarding the progression of a patient's post-operative course. It should serve as a guideline based on the individual's physical exam/findings, progress to date, and the absence of post-operative complications. If the therapist requires assistance in the progression of a post-operative patient they should consult with your surgeon. **Progression to the next phase based on Clinical Criteria and/or Timeframes as appropriate.**

Weeks 0-3 weeks post-op = Advanced Protective Phase:

Brace: Braced in full extension

Weight Bearing: Strict Non-Weight Bearing

ROM Goals:

Extension: Full **Flexion:** 0 degrees

Therapeutic Exercise:

Strengthening:

Three-way leg raises in brace (not flexion)
Functional quadriceps electric stimulation

Manual Therapy:

Patellar mobilization
Peri-patellar soft tissue mobilization

Cryotherapy: Six to eight times a day for 20 minutes

Weeks 4 to 9: Early Strengthening:

Brace: Open to 30 degrees and progress 10-15 degrees per week.

Weight Bearing: Non-weight bearing until full 6 weeks after surgery, then progress gradually to full weightbearing. Patient can discontinue crutches when able to fully bear weight.

ROM Goals:

Extension: Full extension

Flexion: 60 degrees by end of week 6, 90 degrees by end of week 9

Therapeutic Exercise:

Strengthening:

Quadriceps setting

Four-way straight leg raising in brace.

Open chain calf with theraband

****No open chain hamstring strengthening.**

Manual Therapy:

Patellar mobilization

Passive knee flexion

Peri-patellar soft tissue mobilization

Prone quadriceps stretching to 60 to 90 degrees

Weeks 10 to 14: Advanced Strengthening:

Brace: Brace can be discontinued.

Weight Bearing: Full weightbearing

ROM Goals:

Extension: Full extension

Flexion: Progress to full, although expect 10-15 degree loss of flexion with multiligamentous knee injuries.

Therapeutic Exercise:

Strengthening:

Quadriceps setting

Four-way straight leg raising in brace.

Half squats

Step downs

Slow progression of multi-plane closed chain exercises

****No open chain hamstring strengthening**

Proprioception: Balance activities

Core strengthening:

Trunk activities

Conditioning stationary bike

Manual Therapy:

Patellar mobilization
Passive knee flexion to 125 degrees
Peri-patellar soft tissue mobilization
Prone quadriceps stretching to 125 degrees
Soft tissue flexibility maintenance

Weeks 14 Plus: Functional Training & Return to Sports:

Therapeutic Exercise:

Strengthening:

Progression of multi-plane closed chain activities
Proprioception
Advanced core strengthening

Conditioning:

Stationary bike

*****Running straight at 9 to 12 months**

Note: Return to sport based on provider team input and appropriate testing.

NOTE: A loss of 10 to 15 degrees of terminal flexion can be expected in complex knee ligament reconstructions. This does not cause a functional problem for patients and is not a cause for alarm.