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## ACL and PLC Reconstruction Postoperative Rehabilitation Protocol

### Phase 1: 0-6 Weeks (Protection Phase)—**NWB, ROM 0-90**

- **Weightbearing:** Toe-touch weightbearing with crutches
  - **Hinged Knee Brace:** worn for 6 weeks post-op
    - Locked in full extension for all times except exercises/hygiene
  - **Range of Motion:** 0-90° AAROM → AROM as tolerated
  - **Therapeutic Exercises:**
    - Patella mobilization
    - Straight leg raise supine with brace locked at 0 degrees, Quad Sets
    - Ankle Pumps
    - Short crank (90mm) ergometry
    - **No abduction of hip or leg**
    - **Avoid tibial rotation, hyperextension and varus force to knee**
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### Phase 2: 6-12 Weeks (Recovery Phase)—**Gradual Weightbearing, Achieve Full ROM**

- **Weightbearing:** Gradual weightbearing (25% PWB, 50%, 100% with brace, WBAT)
- **Hinged Knee Brace:** Gradually wean off—start by ambulating with unlocked, then discontinue
- **Range of Motion:** Work towards full, smooth ROM
- **Therapeutic Exercises:**
  - Continue above
  - Gentle hip abduction with no resistance below knee
  - Wall-sits 0-45
  - Mini-squats with support 0-45
  - Carpet drags (not with PCL reconstruction!!)
  - Pool therapy
  - Treadmill walking by 8 weeks

### Phase 3: 3-6 months (Reintegration Phase)—**Strengthening**

- **Weightbearing:** Full Weightbearing, no brace
- **Range of Motion:** Full, painless ROM
- **Therapeutic Exercises:**
  - Slide boards
  - Begin agility drills
  - Figure 8's

- Gentle loops
- Large zig-zags
- Swimming
- Begin plyometrics at 4 months

**Phase 4: 6-10 months (Return to Sports)—Gradual Return to Activity**

- **Weightbearing:** Full Weightbearing, no brace
- **Range of Motion:** Full, painless ROM
- **Therapeutic Exercises:**
  - **Begin running at 6 months**
  - Advance Sports-Specific Agility Drills
  - Start Plyometric program
- **Gradual return to sport/athletic activity (MD directed)**
  - **Typically, 10-12 months**