

ACL and MCL Reconstruction

EARLY PHASE (Weeks 0-4)

- **Weight Bearing and Range of motion**
 - 0-6 weeks: toe-touch weight bearing w/ crutches
 - ROM: A/AAROM 0-90⁰ 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
 - Estim; Co-contractions
 - *No abduction of hip or leg at any time.*
 - *No prone hangs if PCL reconstruction!!!*
- **Goals:**
 - a/aa/ROM: 0-0-90
 - Control pain/swelling
 - Quad control

RECOVERY PHASE (Weeks 5-8)

- **Weight Bearing and Range of motion**
 - Discontinue crutches at week 6
- **Brace Use:**
 - At all times, open to AROM; discontinue at week 8
- **Therapeutic Elements:**
 - 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
- **Goals:**
 - a/aa/ROM: 0-0-110 by 6 weeks and free by 8 weeks
 - SLR x 30
 - No effusion

STRENGTHEN 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

REGENERATION 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