

ACL, PCL, PLC RECONSTRUCTION

POST-OPERATIVE PHASE

Weeks 0-6

Phase 1

- Weight Bearing: Heel touch weight bearing (50% weight bearing) in brace
 - Brace: 0-2 weeks - Locked in extension for ambulation and sleeping
 - Brace: 2-6 weeks – Unlock 0-90 with ambulation, may remove for sleeping
- ROM: 0-2 weeks - 0-45°
- Exercises:
 - Quad sets
 - Patellar mobs
 - Gastroc/soleus stretch
 - SLR w/ brace in full extension until quad strength prevents extension lag
 - Side-lying hip/core
 - **Hamstrings avoidance until 6 wks post-op**

Weeks 6-12

Phase 2

- Weight Bearing: advance 25% weekly until full WB at 8 weeks
- Brace: discontinue at 6 weeks if no extension lag
- ROM: full
- Exercises:
 - Begin toe raises
 - Closed chain quads
 - Balance exercises
 - Hamstring curls
 - Stationary bike

- Step-ups
- Front and side planks
- Advance hip/core

Weeks 12-16

Phase 3

- Weight Bearing: Full
- Brace: none
- ROM: Full
- Exercises:
 - Advance closed chain strengthening
 - Progress proprioception activities
 - Begin stairmaster, elliptical and running straight ahead at 12 weeks

Weeks 16-24

Phase 4

- Continue as above.
- 16 wks: Begin jumping
- 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program

>6 months

Phase 5

- Gradual return to sports participation with clearance from PT and Surgeon.