

Knee Multiple Ligament Injury (ACL, PCL & POSTERIOR CORNER RECONSTRUCTION)

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Patient _____
DOS _____

	POW 0-2	POW 2-6	POW 6-8	POW 8-12	POW 12-16	POW 16-20	POW 20+
Weight Bearing	TTWB - must use crutches		Advance 25% weekly until FWB by 8 weeks	Full weight bearing			
Brace Settings	Locked at 0° for ambulation and sleeping	0-90° if sufficient quad strength, remove for sleeping	Discharge brace if no extension lag	D/C			
PROM	0-45° Prone or sidelying, grasp heads of gastroc, maintain neutral pressure proximally to tibia while flexing knee	0-90° Advance slowly	Advance as tolerated				
AROM	None	Goal: 0°-90° Extension only		Advance as tolerated			
Exercises	Quad sets SLR in brace at 0° Scar management Patellar mobilizations Ankle Pumps Modalities as needed Sidelying Hip Abd/Add in brace at 0° Gentle Hamstring, Gastroc/Soleus stretching		Continue previous *within weight bearing restrictions DL Heel Raises DL Total Gym DL Squats Hamstring Curls Overball/Sportcord DL Balance Wall sits	Continue previous SL Heel Raises SL Total Gym Leg Press Step Ups/Downs Lateral Step Ups SL Balance Front Planks Side Planks Walking agility: March, Retro, Sidestepping	Continue previous Advance closed chain strengthening Progress proprioceptive activities Stairmaster Elliptical Introduce jogging program	Continue previous Introduce plyometrics (limiting contacts) Light agility drills *Refer to advanced ACL protocol	Continue previous Advance sprinting, backward running, cutting/pivoting, changing direction Progress plyometric program & sport specific drills **POW 22-24 Complete FSA & gradual return to sports participation

**FSA (Functional Sports Assessment) not mandatory, but recommended.

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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