

MULTILIGAMENT KNEE RECONSTRUCTION **POSTOPERATIVE PROTOCOL**

MULTILIGAMENT RECONSTRUCTION – (ACL / PCL / MCL / Posterolateral Corner)

WEEKS 2-6

- ___ Ambulate TDWB X4wks postop, 50%WB weeks 4-6 with brace locked @ 0° extension
- ___ Avoid valgus & varus loads to knee for first 6 weeks
- ___ Limit ROM 0-90° for first 6 weeks
- ___ Hip PRE'S
- ___ Quadriceps re-education (E-stim, Biofeedback), quad sets, quad isometrics
- ___ Active extension 0-70°
- ___ Passive flexion 0-90°
- ___ Patellar mobilization
- ___ Cryotherapy

WEEKS 6-8

- ___ Progress to WBAT w/brace set 0°-90° and crutches, start with brace locked in full extension
- ___ Discontinue crutches when gait is not antalgic
- ___ Ambulation training in Aquatrex
- ___ Progress to full ROM
- ___ Begin active flexion isometrics, isotonic, 0°-90° : CLOSED CHAIN
- ___ Leg press in 90°- 0° arc
- ___ Multiple angle quadriceps isometrics, 90°- 0°
- ___ Calf raises
- ___ Bicycle ergometer
- ___ LIDO exercises: Isometrics, Active extension / Passive flexion, Concentric/ Eccentric quadriceps
- ___ Begin quadriceps isotonic 0°-70° (distal pad), eccentric first
- ___ *NO open chain hamstring strengthening until 4 months postop

WEEKS 8-12

- ___ Restore normal gait
- ___ Begin squat/step program
- ___ Proximal musculature PRE's
- ___ Begin proprioception program
- ___ Quadriceps isotonic (knee extension) 0°-90° (distal pad)
- ___ Begin retro program
- ___ LIDO exercises: Isotonic, Quadriceps eccentrics
- ___ Nordic track

WEEKS 12-20

- ___ Restore full ROM
- ___ Continue proximal musculature PRE's
- ___ Quadriceps isotonic (knee extension) in full arc
- ___ Begin functional exercise program
- ___ Progress endurance activities
- ___ Maintain/Improve flexibility in lower extremities
- ___ LIDO exercises: Full arc quadriceps isokinetics in progressive velocity spectrum, quadriceps eccentrics in 0°-90° arc
- ___ Stairmaster / Versaclimber
- ___ *OK to begin open chain hamstring strengthening @ 4 months postop

WEEKS 20-28

- ___ Full arc PRE's to restore strength, emphasizing quadriceps
- ___ Agility drills
- ___ Continue functional exercises
- ___ Begin running program
- ___ LIDO exercises: Full arc quadriceps isokinetics in progressive velocity spectrum
- ___ Functional test assessment @ 24 weeks
- ___ Return to limited sporting activities

WEEKS 28-40

- ___ Restore strength, function, endurance, and agility of lower extremity
- ___ Isokinetic test at 60°/second, 180°/second, 240°/second
- ___ Progress running program
- ___ Functional test assessment @ 24 weeks
- ___ Return to full activity