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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

Multi-Ligament Reconstruction — Stage 1

ACL, PCL & PLC Reconstruction

Phase I 0–6 WEEKS

- **Weight bearing:** Heel touch WB in brace*
- **Brace:** 0–2 weeks: locked in full extension for ambulation and sleeping; 2–6 weeks: unlocked for ambulation 0–90, remove for sleeping**
- **ROM:** 0–2 weeks: 0–45; 2–6 weeks: advance slowly 0–90

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

GOALS WB & motion per protocol

Phase II 6–12 WEEKS

- **Weight bearing:** Advance 25% weekly until full WB by 8 wks
- **Brace:** Discontinue at 6 wks 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

GOALS Normalize gait

Phase III 12–16 WEEKS

- **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

GOALS Full ROM



Phase IV 16–24 WEEKS

- **Weight bearing:** Full
- **Brace:** None
- **ROM:** Full

EXERCISES

- 16 wks: begin jumping
- 20 wks: advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills

GOALS Graduated impact

Phase V 6+ MONTHS

- **Weight bearing:** Full
- **Brace:** None
- **ROM:** Full and pain-free

EXERCISES

- Gradual return to sports participation after completion of FSA***; maintenance program based on FSA

GOALS Back on the field

**Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure*

***Brace may be removed for sleeping after first post-operative visit (day 7–10)*

****Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22–24 wks post-op for competitive athletes returning to play after rehab*

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.