



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

Multi Ligament Stage 2

- Post-Op Rehabilitation Guidelines for ACL, PCL, and PLC Reconstruction; 1st Stage
- Hinge knee brace locked in extension for 3 weeks; non-weight bearing for 6 weeks

Week 1–2 PROTECT

- Prone passive ROM Only from 0–90

GOALS Motion per protocol

Week 3 PROGRESS MOTION

- Begin supine passive ROM 0–90 until week 6; begin weightbearing at 6 weeks, increase 25% a week until full
- Goal Full ROM by 12 weeks; 2nd Stage; follow ACL protocol

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

