

PT PROTOCOL

ACL / PCL Reconstruction and Posterolateral Corner (PLC) Repair/ Reconstruction

Rehabilitation Protocol

Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing status depends on which structures were addressed and any concomitant procedures performed. Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Brace / precautions: _____

1

Weeks 0-6

Protect grafts; toe-touch WB, limited flexion

2

6 Weeks

Brace/crutches discontinued per criteria; WB advancing to full by 8wk

3

3 Months

Full WB & ROM; begin jogging

4

6 Months

Begin sport-specific training

5

9 Months

Progress cutting/pivoting; return to sport

Milestones above are goals, not guarantees; progression is criterion-based and depends on the structures addressed.

Phase 1

Weeks 0-6

Weight-Bearing: Toe-touch with crutches, in full extension (weeks 0-2). Toe-touch with crutches, brace unlocked 0-90° (weeks 2-6).

Range of Motion: Weeks 0-2: PROM 0-45°. Weeks 2-6: PROM 0-90°. Maintain anterior pressure on the proximal tibia as the knee is flexed, weeks 1-4, to prevent posterior sag.

Therapeutic Exercises

- Avoid active hamstring activity and active knee extension from 90-70° until postop week 4.
- Quad and hamstring sets and ankle pumps.
- Straight leg raise with brace in full extension, until quad strength prevents an extension lag.
- Hip abduction/adduction – resistance must be proximal to the knee.
- Hamstring/calf stretch: calf press with theraband, progressing to standing toe raises with knee in full extension.

Phase 2

Weeks 6-12

Weight-Bearing: Advance 25% weekly until full weight-bearing by 8 weeks. Discontinue crutches at 8 weeks.

Brace: Discontinue at 6 weeks if no extension lag.

Range of Motion: Maintain full extension; work on progressive knee flexion (goal of 110° by week 6).

Therapeutic Exercises

- Begin toe raises, closed-chain quad work, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks.
- Advance hip/core work.

Phase 3**Months 3–9**

Weight-Bearing: Full.

Range of Motion: Full and painless.

Therapeutic Exercises

- Advance closed-chain strengthening exercises (weeks 12–16); progressive proprioception/balance activities.
- Maintain flexibility.
- Treadmill walking, progressing to jogging at 3 months.
- Begin sport-specific training (non-contact agility and movement drills) at approximately 6 months.

Phase 4**Months 9+**

Goal: Return to sport as tolerated.

Therapeutic Exercises

- Maintain strength, endurance, and function — initiate plyometric program.
- Progress cutting, pivoting, and contact-specific drills.
- Return to sport as tolerated.
- Functional sport-specific assessment recommended.