



***ACL AND MCL RECONSTRUCTION
POSTOPERATIVE PROTOCOL***

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Brace:

Week 0-2: post-op hinged knee brace: locked at 10 deg (except in CPM or physical therapy)

Week 2-4: post-op hinged knee brace: unlocked from 0-70 deg (except for PT/washing)

Week 4-8: transition to hinged knee sleeve ("Playmaker") at all times (except PT/washing)

Weight Bearing:

Week 0-4: TDWB (touch-down weight bearing), 2 weeks with 2 crutches, then 2 weeks with one crutch

After wk 4: WBAT (weight bearing as tolerated), discontinue crutches

ROM:

Week 0-2: Physical Therapy: AAROM flexion sitting; PROM extension to 0 deg

After wk 2: Physical Therapy: AROM flexion to goal of 130 deg (full ROM by wk 6)

Exercise:

Week 0-2: ankle pumps, quad sets, SLR, patellar mobilizations, standing hamstring curls (only if not painful)

Week 2-6: stationary bike (low resist), hamstring curls, progressive quad resistance (shuttle), 4-way hip exercises

Week 6-12: increase resistance exercises, calf raises, swimming (no whip-kick), biking

Week 12-16: leg press, half-squats, agility training, half-speed jogging (level surface)

Month 4-6: jogging, biking, swimming, light tennis and golf, increase agility drills

Month 6-9: return to full activities and contact sports

If you have any questions, please contact our clinic.