



**ACL + PLC RECONSTRUCTION
POST OPERATIVE THERAPY PROTOCOL
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ROM:

Week 0-2: Locked in full extension for ambulation and sleeping, unlocked 0-45° with PT and rest

Week 2-6: Unlocked 0-90° for ambulation, remove for sleeping

After wk 6: Advance as tolerated

Brace:

Week 0-2: post-op hinged knee brace: locked at 10 deg when walking (off for PT, washing *keep sutures dry*)

Week 2-4: post-op hinged knee brace: locked from 0-70 deg when walking, unlocked at rest, (off for PT, washing)

After wk 4: transition from post-op brace to hinged knee sleeve ("Playmaker")

Weight Bearing:

Week 0-2: TDWB (touch-down weight bearing, about 10-15 lbs), 2 weeks with 2 crutches

Week 2-4: Transition to WBAT (weight bearing as tolerated) with one crutch

After wk 4: WBAT, discontinue crutches

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