

Multi-Ligament Reconstruction Rehabilitation Protocol

Phase I:

	Weight Bearing	Brace	ROM	Therapeutic Exercises
0-2 Weeks	Tow Touch weight bearing	Locked in full extension	None	Quad sets, ankle pumps, SLR, hip ab/adduction, hamstring/calf stretch, calf press with theraband, patellar mobs
2-6 Weeks	Tow Touch weight bearing	Locked in full extension for ambulation removed for exercise	Passive only** to tolerance 0-70 degrees	**add chair slides,passive ROM in prone position only** (maintain anterior directed force on the tibia during motion exercises)

Phase II:

	Weight Bearing	Brace	ROM	Therapeutic Exercises
6-12 Weeks	Weeks 6-10: progress 25% per week until full weight bearing at 10 weeks	6-10 weeks: unlocked for all activities 10 weeks-4 months: Varus unloader brace	Maintain full extension and progress flexion as tolerated	6-8 weeks: gait training, wall slides, mini-squats, resisted hip exercises in standing*** 8-12 week: stationary bike with light resistance (to begin) and seat higher than normal, closed chain terminal knee extensions, Stairmaster, balance and proprioception activities, leg press (limiting knee flexion to 90)

Phase III:

	Weight Bearing	Brace	ROM	Therapeutic Exercises
12 Weeks- 4 months	Full, without use of crutches and with a normalized gait pattern	Varus unloader brace	Gain full and pain-free ROM	Advanced closed chain strengthening, progress proprioception and balance activities, maintain flexibility

Phase IV:

	Weight Bearing	Brace	ROM	Therapeutic Exercises
4 Months- 8 Months	Full	None	Full	Treadmill walking, advance to jog 6-8 months. add hamstring curls for strength

Phase V

	Weight Bearing	Brace	ROM	Therapeutic Exercises
8 Months and beyond	Full	None	Full and pain-free ROM	Maintain strength, endurance and function, begin sport-specific functional progression (backward running, cutting, grapevine, etc.) progress to running, initiate a plyometric program. Return to sports with PCL brace until 1 year post-op.