



COMBINED ACL & PCL RECONSTRUCTION

Rehab Protocol

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|---------------------------------|-----------------|---|--------------------|--|
| PHASE I 0-4 weeks | Full in Brace * | 0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation, remove for sleeping** | As tolerated | Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Hamstrings avoidance until 6 wks post-op |
| PHASE II 4-12 weeks | Full | Discontinue at day 28 if patient has no extension lag | Full | Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core |
| PHASE III 12-16 weeks | Full | None | Full | Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks |
| PHASE IV 16-24 weeks | Full | None | Full | 16 wks: Begin jumping 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills |
| PHASE V > 6 months | Full | None | Full and pain-free | Gradual return to sports participation after completion of FSA*** Maintenance program based on FSA |

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

**Brace may be removed for sleeping after first post-operative visit (day 7-10)

***Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab



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