

Physical Therapy Prescription Multi-ligament Reconstruction

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) MULTILIGAMENT RECONSTRUCTION (ACL / PCL / MCL / LCL / PLC) +/- Meniscus repair

WEEKS 0-2

- * Brace on at all times – use crutches
- * No active motion during first two weeks after surgery. CPM okay 0-30 degrees.
- * Anti-inflammatory modalities to knee daily
- * Cryotherapy
- * Straight leg raises daily (up to 300-500 reps) in the brace
- * TTWB on operative leg with brace locked at zero degrees
- * Electrical Stimulation to Quad if poor control
- *Brace on at all times through week 12**

WEEKS 2-6

- * Avoid all valgus load/stress for MCL-R, Avoid all varus load/stress for LCL-R
- * Active and passive ROM (0-90°). May progress past 90 degrees after 4 weeks based on quad control, OKC only
- * Quadriceps re-education (electrical stim, biofeedback).
- * OKC Hamstring and hip progressive resistance exercises. No weight x 6 weeks post op.
- * Isometrics of quad / straight leg raises
- * Patellar mobilization
- * Core strength and endurance
- * Weight bearing: remain limited – up to 20lbs with brace locked at zero degrees. May unlock brace as quad control improves
- * Cryotherapy
- * Goals: 90° flexion by end week 4
110° flexion by end week 6
- *Brace on at all time through week 12 – continue crutches through week 6**

WEEKS 6-12

May change to small brace at this point

- Begin squat/step program
- Begin proprioception program
- Cryotherapy
- Begin quadriceps isotonic with proximal pad in 90° - 40° arc
- Leg press in 90° - 40° arc - start with eccentrics.
- Closed chain quadriceps strengthening in 90 deg arc (leg press, Total Gym, Mini Squats)
- Hip Strengthening
- Hamstring, Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Anti-Inflammatory Modalities
- Stationary bike, minimal resistance up to 20 minutes (start with short crank)

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WEEKS 12-20

- Quadriceps isotonic - full arc for closed chain.
- Begin barbell resistance training focused on CKC (Squat variations, Deadlift, Hip hinge variations)
Linear progression of weights.
 - **Squat variations** - Back, Front, Overhead, Sumo, Split Squat, Single leg, Bulgarian Split Squat, High box Step Up, Leg Press, Hex Bar Squat, Total Gym
 - **Hip hinge variations** - Conventional deadlift, RDL, Good Morning, GHD/Reverse Hyper, Straight Leg Dead, Hip Thrusters, SL dumbbell, kettle bell swing, Nordic HS, Bridging
- OK to walk on treadmill (forward) & slow retro-step (At increased speeds and incline)
- Continue isolated muscle stretching & strengthening
- Continue bike.
- May begin in line jogging between 12-16 weeks. Eccentric step down must be symmetric
- Assess posture and functional movement patterns. Corrective exercise as needed
- Continue to progress core strength and endurance, progressing to multi planar movements

WEEKS 20+

- Full arc progressive resistance exercises - emphasize quads and glutes
- Agility drills in frontal and sagittal plane only
- Advanced functional exercises
- Progress running program – Gradual cutting (rounded) not to begin before 5.5 months
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Pivoting only at 22-24 weeks
- Continue multi planar and multi joint core strength
- Triple extension exercises to begin at 5 months post op. Plyometrics okay at 5 months (Mini jumps)

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks

**Please send progress notes.

Physician's Signature:

M.D.