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COMBINED ACL, PCL, MCL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	TTWB	0-4 week: Locked in full extension for ambulation and sleeping	0-90	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	TTWB transition to PWB to FWB by 6 weeks	Discontinue by end of week 8 if on track	As tolerated toward Full ROM	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

**Brace may be removed for sleeping once discussed with MD

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

