

## Knee Multiple Ligament Injury Reconstruction ACL (+/- MCL, LCL, PLC, PMC)

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	POW 1	POW 2	POW 3	POW 6-8	POW 10	POW 12	POW 16-24	POW 24+
<b>Weight Bearing</b>	TTWB		50%	100% discontinue crutches with normal gait				
<b>Brace Settings</b>	0°	0-90° if sufficient quad strength		Discharge brace				
<b>PROM</b>	Goal: 0-90°			0-120° advance as tolerated				
<b>AROM</b>	0-90°		Advance as tolerated		Full			
<b>PT visits/wk</b>	2x week	2x week	2x week	2x week	1x week → decrease as appropriate			
<b>Exercises</b>	Seated heel raises	Continue previous	Continue previous	Continue previous	Continue previous	Continue previous	Continue previous	Continue previous
*protect reconstruction	Quad sets	Stationary Bike	DL total gym – progress to leg press	Hamstring isometrics POW 7	Stairmaster	Prone hamstring curls with weights, progress to machines	Introduce plyometrics, limiting contacts. Initial 40-60 contacts, 60-80, 80-100+.	Progress strength
*prevent anterior and/or posterior translation	SLR in brace at 0°	Ham/Gastroc/Soleus stretch	LAQ with proximal weighted resistance (90-30°)	Overball/sportcord	Elliptical	Walking agility: march, retro, sidestepping		Progress running and sport specific drills
*control swelling/inflammation	Scar management	Progress to clamshells, sidelying hip ABD/ADD	Standing heel raises	Step ups front/lateral	Step downs	Introduce jogging program	Initiate sport specific activities.	Goals: quad strength >85% of uninjured
*educate pt. on rehab progression	Patellar mobilizations		SLR without brace if sufficient quad	Squats	Standing hamstring curls <5#	Shuffling Carioca	** Refer to Advanced ACL Protocol	Ham/quad strength ratio 65% or better
	Ankle Pumps		** As WB restrictions allow	Wall sits	Seated hamstring curls <5#			
	Modalities as needed			DL→SL balance				
				Fwd and Retro treadmill walking				
				Aquatic therapy				

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

\*\*Revised November 2019