

Knee Multiple Ligament Injury Reconstruction ACL – Hamstring Graft (+/- MCL, LCL, PLC)

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Patient _____
DOS _____

	POW 1	POW 2	POW 3	POW 4-5	POW 6-9	POW 10-11	POW 12-15
Weight Bearing	TTWB - must use crutches		50% WB in brace		WBAT to 100% - discontinue crutches with normal gait		
Brace Settings	Locked at 0°		0-90° if tolerable		Brace based on quad strength/control. D/C when appropriate.		
PROM	Goal: Full passive flexion & extension. Advance as tolerated.						
AROM	None	Goal: 0°-90° avoid hyperextension		Goal: Full flexion & extension. Advance as tolerated.			
PT visits/wk	2x week	2x week	2x week	2x week	2x week	1x week → decrease as appropriate	
Exercises	Quad sets SLR in brace at 0° Scar management Patellar mobilizations Ankle Pumps Modalities as needed	Continue previous Stationary Bike Clamshells Sidelying Hip Abd/Add in brace at 0° Gentle Hamstring stretch Gastroc/Soleus stretch Prone Hip Extension	Continue previous SLR without brace if sufficient quad SAQ & LAQ with proximal weighted resistance (90-30°) DL Total Gym – progress to Leg press Standing Heel Raises *As WB restrictions allow	Continue previous Progress ankle weights as appropriate Mini Squats Active Hamstring Curls -no resistance	Continue previous DL→SL total gym – progress to leg press Standing heel raises DL to SL Hamstring isometrics POW 7 Overball/sportcord Step ups front/lateral Step downs Squats Wall sits DL→SL balance Fwd and Retro treadmill walking Aquatic therapy	Continue previous Stairmaster Elliptical Walking agility: march, retro, sidestepping Standing hamstring curls <5# Seated hamstring curls <5# DL → SL Bridge Vectors	Continue previous Prone hamstring curls with weights, progress to machines Introduce jogging program Shuffling Carioca

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

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