
ACL Reconstruction LCL Repair with Meniscal Repair Post-operative Protocol

Name: _____ Date: ____ / ____ / ____

Phase I: Maximum Protection (Weeks 0 to 4)

Weeks 0 to 2

- Ice and modalities to reduce pain and inflammation
- Elevate the knee above the heart for three to five days
- Per physician order use crutches 50 percent WB one to two times a week to reduce swelling; then progress weight bearing in brace there after
- Brace 0 to 20 degrees per Dr. Roberson's orders
- Initiate patella mobility drills
- Begin passive/active knee range of motion to 90 degrees of knee flexion and strong emphasis on full knee extension; **no varus stress**
- Quadriceps setting focusing on VMO contraction
- Multi-plane open kinetic chain straight leg raising
- Gait training

Weeks 2 to 4

- Begin open and closed kinetic chain resisted cord multi-plane hip strengthening as acute inflammation resolves
- Proprioception training
- Manual PNF hip and ankle patterns
- Begin pool program when incision sites healed; not until week five

Phase II: Progressive Stretching and Early Strengthening (Weeks 4 to 6)

Weeks 4 to 6

- Continue with ice and modalities as needed
- Normalize gait
- Open brace to 0 degrees to 90 degrees at week six per Dr. Roberson's orders
- Initiate lower extremity stretching program
- Begin stationary bike, treadmill and/or elliptical trainer as strength and swelling allow
- Begin closed kinetic chain strengthening progressing from bilateral to unilateral as tolerated
- Implement reintegration exercises emphasizing core stability
- Advance closed kinetic chain multi-plane hip strengthening
- Proprioceptive drills emphasizing neuromuscular control

Phase III: Advanced Strengthening and Proprioception Phase (Weeks 6 to 12)

Weeks 6 to 10

- Gradually restore full range of motion with emphasis on extension/hyperextension
- Modalities as needed to control swelling
- Wean out of brace weeks six to eight
- Advance time and intensity on cardiovascular program; no running
- Begin functional cord program

Weeks 10 to 12

- Initiate gym-strengthening program progressing from bilateral to unilateral
- Leg press, squats, lunges, hamstring curls, ab/adduction, calf raises and leg extensions (0 degrees to 30 degrees)
- May begin outdoor biking and conservative hiking

Phase IV: Strengthening and Plyometric Phase (Weeks 12 to 20)**Weeks 12 to 20**

- Implement a full gym-strengthening program
- Begin pool running progressing to dry land as tolerated
- Advance proprioception and begin plyometrics progressing from bilateral to unilateral as tolerated

Phase V: Return to Sport Functional Program (Week 20 to 24)

- Follow-up examination with Dr. Roberson
- Implement sport specific multi-directional drills
- Implement interval functional program per Dr. Roberson's approval
- Continue with aggressive lower extremity stretching, strengthening and cardiovascular training
- Advance plyometric program as tolerated
- Sports test for return to play