

# ACL + PCL + Posterolateral Corner Reconstruction Rehabilitation Protocol

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**PT Frequency:** 2-4 times per week

**ROM Restrictions:** 0-45° x 2 weeks, then advance slowly as tolerated

**Brace:** Locked in extension x 2 weeks, then unlocked 0-90° weeks 2-6

**Weightbearing:** Toe touch WB x 6 weeks, then advance 25% weekly until full WB by 8 weeks

## Weeks 0-6 (Phase I)

- **Weight Bearing:** TTWB with crutches x 6 weeks
- **Brace:**
  - Weeks 0-2: Locked in full extension for ambulating and sleeping. Off **only** for hygiene.
  - Weeks 2-6: Unlocked 0-90°, worn during daytime
- **Range of Motion:** ROM: 0-45° x 2 weeks, then advance slowly as tolerated
- **Exercises:**
  - Quad sets, patellar and tibiofibular mobs, gastroc/soleus stretch, leg hangs
  - SLR with brace in full extension until quad strength prevents extension lag
  - Begin side-lying hip/core exercises
  - **Hamstring avoidance until 6 weeks post-op**
  - **Avoid tibial rotation, hyperextension, and varus force to the knee**

## Weeks 6-8 (Phase II):

- **Weight Bearing:** Advance to 25% WB, then 50% WB, then 75% WB to full WB by 8 weeks
- **Brace:** Discontinue once good quad control and weightbearing comfortably
- **ROM:** Full
- **Exercises:**
  - Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core
  - Start stationary bike as tolerated
  - **Begin hamstring curls glute sets, eccentric hamstrings after 6 weeks**

## Weeks 8-16 (Phase III):

- **Weight Bearing:** Full
- **Brace:** None
- **ROM:** Full
- **Exercises:**
  - Advance closed chain strengthening
  - Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance
  - Begin stair master, elliptical, and running straight ahead at 12 weeks

**Weeks 16-24+ (Phase IV):**

- **Weight Bearing:** Full
- **Brace:** None
- **ROM:** Full
- **Exercises:**
  - 16 weeks: Begin jumping
  - 20 weeks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
  - 22 weeks: Advance as tolerated, functional sport assessment

**> 6 months (Phase V):** Gradual return to sport-specific activities, return to sports after completion of functional sports assessment and clearance by MD