

# PCL/ ACL/ LCL/ MCL Reconstruction

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## General

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Knee locked in knee brace at full extension for 6 weeks

Weight-bearing as tolerated discontinue crutches after 2 weeks

Stitches assessed and removed in clinic by within 7-14 days

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## Weeks 0-1

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CPM 0-30 and advance to 0-90 as tolerated

Wall slides

Prone hangs

Patellar Mobilization mobilization

Ankle pumps

Quad Sets sets with straight leg raises

Modalities as necessary to decrease swelling

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## Weeks 1-2

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Continue week 1 activities

Toe raises/heel raises

Stationary bike with both legs with gradual increased resistance

Hamstring sets

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## Weeks 2-6

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Continue week 2 activities

Terminal 1/3 knee bends

Achilles, calf, and hamstring stretching (sit and reach with towel)

Quads- specific strengthening exercises

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## Weeks 6-12

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Treadmill 7% walk

Double knee bends

Swimming with fins

Single knee bends

Rowing/erg machine

Wean off of brace once quads are at 100%

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## Week 12

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Leg press to 90° with weights

Leg curls with no hyperextension

Full quads- specific strengthening

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