

Grant H Garcia, MD
2409 North 45th Street,
Seattle, WA 98103
Wallingford: 206-633-8100
Ballard: 206-784-8833



Post-Operative Rehabilitation Guidelines for ACL Recon with MCL Repair

Physical Therapy: 0-4 weeks:

Weight Bearing: PWB in brace for two weeks, advance to full by 3-4 weeks.

Brace:

0-2 weeks: Locked in full extension for ambulation and sleeping

2-4 weeks: Unlocked for ambulation 0-90, remove for sleeping

ROM:

0-2 weeks: 0-45

2-4 weeks: Advance slowly 0-90

** If repair can advance to full starting at 4 weeks

Exercises: Heel slides, quad/hamstring sets, patellar mobs, gastric/soleus stretch. SLR with brace in full extension until quadrant prevent extension lag. Side-lying hip/core.

Physical Therapy: 4-12 weeks:

Weight Bearing: Full, progressing to a normal gait pattern.

Brace: Discontinue it at week 4 if patient has no extensor lag.

ROM: Main full extension and progressive flexion.

Exercises: Progressed to weight-bearing gastroc/soleus stretch, Closed chain extension, balance exercises, hamstring curls, stationary bike, step ups, front and side planks.

Physical Therapy: 12-16 weeks:

Weight Bearing: Full, without use of crutches and with normal gait pattern.

Brace: None.

ROM: Gain full and pain-free.

Exercises: Advance closed chain strengthening. Progress proprioception activities. Begin Tamiflu, elliptical and running straight ahead at 12 weeks, hip/core and pool.

Physical Therapy: 16-24 weeks:

Weight Bearing: Full.

Brace: None

ROM: Full.

Exercises:

- 16 wks: Begin jumping

- 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills

- 22 wks: Advance as tolerated.

- *FSA completed at 22 weeks.*

Physical Therapy: > 6 months:

Weight Bearing: Full.

Brace: None.

ROM: Full and pain-free.

Exercises: Gradual return to sports participation after completion of FSA. Maintenance program based on FSA