



SIU MEDICINE

ORTHOPEDICS

747 N. Rutledge St 3rd Floor
Springfield, IL 62702
Phone: (217) 545-8000
Fax: (217) 545-1159



Elisabeth Robinson, MD
Orthopedic Surgeon
Sports Medicine Specialist

POST-OPERATIVE ACL + PLC RECONSTRUCTION

Diagnosis/Surgery:

PHASE 1: WEEKS 0-4

Goals:

1. Protect grafts and graft fixation
2. Minimize pain, swelling
3. Begin active ROM as tolerated

Brace/precautions:

1. Toe-touch weight bearing with crutches
2. Brace locked in extension when weight bearing

ROM:

1. 0-90° as tolerated

Exercises/Strengthening:

1. Quad, gluteal strengthening
2. Patella mobilizations
3. Ankle pumps
4. SLR with brace until no extension lag
5. No abduction of hip or leg

PHASE 2: WEEKS 4-10

Goals:

1. Restore normal gait
2. Maintain full extension, progress toward full ROM

3. Protect graft and graft fixation
4. Increase hip, quad, hamstring, calf strength

Brace/precautions:

1. Full WBAT at 6 weeks
2. Brace open to AROM, d/c at 8 weeks

ROM:

1. Continue progressing in ROM to achieve full knee flexion

Exercises/Strengthening:

1. ROM/flexibility exercises
2. Closed kinetic chain quad strengthening – wall sits, mini squats, leg press
3. Treadmill walking by 8 weeks
4. Stationary bike – progress time and resistance as tolerated
5. Proprioceptive activities – ball toss, balance beam, mini-tramp balance

PHASE 3: WEEKS 10-16

Goals:

1. Full ROM, normal gait mechanics
2. Improve proprioception
3. Strengthening

Brace/precautions:

1. Full WBAT

ROM:

1. Maintain full ROM

Exercises/Strengthening:

1. Continue and progress flexibility and ROM
2. Initiate open kinetic chain knee extensions, progress to eccentrics
3. Progress towards full weight bearing running at 12-16wks
4. Begin swimming if desired
5. Cardiovascular/endurance training via stairmaster, elliptical, bike
6. Advance proprioceptive activities

PHASE 4: MONTHS 4-6

Goals:

1. Symmetric performance of basic and sport specific agility drills

Brace/precautions:

1. None unless custom brace for return to sport desired

ROM:

1. Maintain full ROM

Exercises/strengthening:

1. Progress flexibility and strengthening program
2. Initiate plyometric program as appropriate for athletic goals
3. Agility progression – side steps, crossovers, figure 8 running, cutting, agility ladder, acceleration/deceleration, one and two leg jumping

PHASE 5: 6+ MONTHS POST-OP

Goals:

1. Safe return to athletics/work
2. Maintenance program for strength, endurance, proprioception

Exercises/Strengthening:

1. Gradual return to sports participation
2. Maintenance program for strength and endurance

Elisabeth C. Robinson, MD

Date