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**ACL AND MCL RECONSTRUCTION
REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>Phase 1</i> 0-2 weeks	Toe Touch WB	Locked in extension	ROM Goal: 0-60	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
<i>PHASE</i> 2 2-6 weeks	Full in Brace	Locked in extension 2-4 weeks Unlocked 0-60 4-6 weeks	ROM as tolerated Goal: 0- 90	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
<i>PHASE</i> 3 6-12 weeks	Full	D/C brace	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<i>PHASE</i> 4 3-6 months	Full	None	Full	May initiate functional walk/jog 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 wks

<i>PHASE 5 Return to Sport</i>	Full	Functional Brace	Full	Return to sport activities
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