

ACL - BTB & MCL Repair/Reconstruction Protocol

Milestones:

- Weight bearing
 - NWB for 3 weeks, then PWB for 3 weeks, then WBAT at 6 weeks
- Brace Progression
 - Hinge knee brace 6 weeks
 - ACL brace Week 7-3 months
- Crutches 6 weeks
- Single leg squats 6 weeks
- Straight ahead jogging 10 weeks
- 2 leg jumping 3 months
- 1 leg jumping 4 months
- Agility/ MP movements 4 months
- Return to sport 6-8 months

PHASE I (wk 0-3) MOTION & QUAD CONTROL

Week 0-1

- Wall slides
- Extension/flexion – sitting
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch
- Quad sets
- Ham sets
- SLR w/ quad set – 4 positions

Week 1-2

- Same as above
- Heel raises
- Stationary bike
- Swim Ex
 - Soldier/scissor
- Trunk

Week 2-3

- Same as above
- Shuttle
- Swim Ex

- Deep well cycling

PHASE II (wk 4-6) 2-LEG CLOSED CHAIN

Week 4-6

- Same as above
- Single leg press (shuttle)

PHASE III (wk 6 -10) 1-LEG CLOSED CHAIN

Week 6-10

- Same as above
- Mini squat (2-leg closed chain)
- Step ups
- Lunge
- Sport cord squat
- EFX
- Single leg squat (1-leg closed chain)

PHASE IV (wk 10 – 16) MULTI-PLANAR MOVEMENT

Week 10

- Outdoor biking
- Straight ahead jogging
- Multi-planar lunge
- Tubing side steps

3 months

- Sagittal and frontal plane low impact agility
- Stair stepper
- Weights
- 2-legged hops

PHASE V (wk 16 – 24) AGILITY PROGRAM

4 months

- 1-legged hops
- Multi-planar agility

5 months

- Golf

6-8 months

- Skiing, basketball, tennis, football, soccer