

Knee Multiple Ligament Injury Reconstruction ACL – Patellar/Quad Tendon Graft (+/- MCL, LCL, PLC)

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Patient _____
DOS _____

	POW 1	POW 2	POW 3	POW 4-5	POW 6-9	POW 10-11	POW 12-15
Weight Bearing	TTWB - must use crutches		50% WB in brace		WBAT to 100% - discontinue crutches with normal gait		
Brace Settings	Locked at 0°		0-90° if tolerable		Brace based on quad strength/control. D/C when appropriate.		
PROM	Goal: Full passive flexion & extension. Advance as tolerated.						
AROM	None	Goal: 0°-120° avoid hyperextension		Goal: Full flexion & extension. Advance as tolerated.			
PT visits/wk	2x week	2x week	2x week	2x week	2x week	1x week → decrease as appropriate	
Exercises	Quad sets	Continue previous	Continue previous	Continue previous	Continue previous	Continue previous	Continue previous
*protect reconstruction	SLR in brace at 0°	Stationary Bike	SLR without brace if sufficient quad	Progress ankle weights as appropriate	DL→SL total gym – progress to leg press	Stairmaster	Prone hamstring curls with weights, progress to machines
*prevent anterior and/or posterior translation	Scar management	Clamshells	SAQ & LAQ with proximal weighted resistance (90-30°)	Mini Squats	Standing heel raises DL to SL	Elliptical	Introduce jogging program
*control swelling & inflammation	Patellar mobilizations	Sidelying Hip Abd/Add in brace at 0°	DL Total Gym – progress to Leg press		Step ups front/lateral	Walking agility: march, retro, sidestepping	Shuffling Carioca
*educate pt. on rehab progression	Ankle Pumps	Gentle Hamstring stretch	Standing Heel Raises		Step downs	Standing hamstring curls <5#	
	Modalities as needed	Gastroc/Soleus stretch	Overball/Sportcord		Squats	Seated hamstring curls <5#	
		Prone Hip Extension	*As WB restrictions allow		Wall sits	DL → SL Bridge	
		Hamstring Curls			DL→SL balance	Vectors	
					Fwd and Retro treadmill walking		
					Aquatic therapy		

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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