

## MULTILIGAMENTOUS KNEE RECONSTRUCTION REHABILITATION PROTOCOL

| TIME PERIOD        | WEIGHT BEARING   | RANGE OF MOTION                                      | BRACE  | EXERCISES   |
|--------------------|--|--|--|---|
| <b>0-2 weeks</b>   | Touch Toe Weight Bearing   | NONE   | Brace locked in full extension at all times. Original dressing stays on until 2 week post op visit.  | Ankle motion (pump ankle up and down)                                   |
| <b>2-6 weeks</b>   | Touch Toe Weight Bearing   | May begin ROM with brace unlocked at 2 weeks post-op | Hinged knee brace at all times except showering. Unlock to allow motion at 2 weeks. <b>Locked in full extension at night until week 8.</b> | Ankle motion. Quad sets, straight leg raises. May begin ROM at 2 weeks. |
| <b>6-12 weeks</b>  | Progress weight bearing by 25% body weight weekly up to full weight bearing at 10 weeks. | Continue working on ROM                              | Hinged knee brace  | ROM exercises. Gait training.   |
| <b>3-6 months</b>  | Full weight bearing.   | Work towards Full ROM                                | None   | Strengthening and proprioceptive exercises.                             |
| <b>6-12 months</b> | Full weight bearing.   | Full ROM   | None   | Gradual return to full activity.  |

\*PCL reconstructions: Protect with anterior directed tibia force with motion to protect PCL sag.

\*Lateral reconstructions: protect from varus stress.

\*Medial reconstructions: protect from valgus stress.

### \*\*\*Begin Physical Therapy 2 weeks post-op – This is your Prescription

Dane Todd, MD

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Patient Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_

Side (Circled):   Right       Left

Surgery Performed: ACL   PCL   LATERAL   MEDIAL   reconstruction

Physical therapy to evaluate and treat for post op multi-ligamentous knee reconstruction using the above protocol. 1-2x per week for 12 weeks

Notes: \_\_\_\_\_

MD signature: