



Orthopaedics

OF STEAMBOAT SPRINGS

ACL/PCL and MCL Protocol

Phase I (0-6 weeks):

- Non-weight bearing ambulation with crutches
- Brace locked in extension – 24 hrs/day for 3 weeks- including sleep
- Cryotherapy
- Low intensity E-stim
- Patellar mobs, ankle pumps and ROM
- Stretching exercises-gastroc-soleus and hamstrings
- At 3 weeks begin gentle passive ROM out of brace
 - 4th week: 0-30 degrees (at least 4x/day)
 - 5th week: 0-60 degrees (at least 4x/day)
 - 6th week: 0-90 degrees (at least 4x/day)
 - (Goal is 0-90 degrees by 6 weeks)
- Enteric-coated ASA 325 daily with food for 6 weeks

Phase II (6-12 weeks):

- Begin partial WB gait of 25% BW
- Increase WB by 25% over the next 4 weeks
- Prone hangs
- Passive flexion exercises (goal is 120 degrees)
- Patellar mobs, high intensity E-stim at 60 degrees of knee flexion
- Initiate closed chain once FWB and quad strength is 3+/5
- Stationary bike for ROM assist
- Proprioception and weight shift (KAT or BAPS board)
- Hip strengthening- no adduction if Posterior lateral corner (PLC) involved
- Open brace to full flexion- with PLC continue brace at night
- Discontinue brace at end of week 12

Phase III (4-6 months):

4 months post-op:

- Closed chain PRE's-avoid flexion beyond 70, Hip PRE's
- Single-leg proprioception ex. (KAT, BAPS, trampoline)
- Stair climber, skiing machine, rower, etc
- Aggressive flexion ROM (must be >90 degrees)
- Straight-line jogging at the end of post-op month 4

5 month post-op:

- Initiate resisted quad and hamstring exercises
- Progress closed chain strengthening and conditioning
- Low- intensity plyometrics
- Jogging and begin sprints
- Fit for ACL/PCL brace

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6 month post-op:

- Progress all strengthening, exercises and plyometrics
- Begin agility drills- figure 8's, zig-zag, etc in brace
- Sport specific drills

Phase IV (7-12 months):

Assess functional strength: single-leg hop for distance, timed hop test, shuttle run

Return to sports if all criteria met:

- Minimal pain/swelling
- Isokinetic/functional tests within 10-15% of uninvolved side
- Successful completion of sports specific drills and ACL/PCL brace