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Patient Name:

Date:

Date of Surgery:

Knee Rehabilitation:
ACL / PCL / Posterolateral Corner Reconstruction

0-2 Weeks

- Brace on at all times – use crutches
- No active or passive motion during first two weeks after surgery
- Anti-inflammatory modalities to knee daily
- Cryotherapy
- Straight leg raises daily (up to 300-500 reps) in the brace
- Footflat weightbearing (<10lbs) with brace locked at zero degrees
- Electrical Stimulation to Quad if poor control
- **Brace on at all times through week 12**

2-6 weeks

- Passive terminal extension (40° - 0°) / Active flexion to limits below
- Quadriceps re-education (electrical stim, biofeedback).
- Hamstring and hip progressive resistance exercises.
- Isometrics at 60° flexion / Straight leg raises
- Patellar mobilization
- Weight bearing: remain limited – up to 10lbs with brace locked at zero degrees
- Cryotherapy
- Goals: 90° flexion by end week 4
 - 110° flexion by end week 6
- **Brace on at all time through week 12 – continue crutches through week 6**

6 Weeks (May change to small brace at this point)

- Begin squat/step program
- Begin proprioception program
- Cryotherapy
- Begin quadriceps isotonic with proximal pad in 90° - 40° arc
- Leg press in 90° - 40° arc - start with eccentrics.
- Continue closed chain quadriceps strengthening in 90 deg arc (leg press, wall slides)
- Hip Strengthening
- Hamstring (isometric only), Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Anti-Inflammatory Modalities

- Closed chain stationary bike - minimal resistance up to 20 minutes (start with short crank)
- **Brace on at times through week 12**

12 weeks

- Quadriceps isotonic - full arc for closed chain. Open chain: 90° - 40° arc.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- OK to walk on treadmill (forward) & slow retrostep
- Continue isolated muscle stretching & strengthening
- Continue bike

24 weeks

- Full arc progressive resistance exercises - emphasize quads
- Agility drills
- Advanced functional exercises
- Progress running program - cutting
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Begin running program if quad control present

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD