

**Bonnie P. Gregory, MD**  
**ACL AND MCL RECONSTRUCTION**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>Phase 1</i> <i>0-2 weeks</i>	Toe Touch WB	Locked in extension	ROM Goal: 0-60	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
<i>PHASE 2</i> <i>2-6 weeks</i>	Full in Brace	Locked in extension 2-4 weeks  Unlocked 0-60 4-6 weeks	ROM as tolerated Goal: 0-90	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
<i>PHASE 3</i> <i>6-12 weeks</i>	Full	D/C brace	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<i>PHASE 4</i> <i>3-6 months</i>	Full	None	Full	May initiate functional walk/jog 16 weeks: Begin jumping 20 weeks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills 22 weeks: Advance as tolerated FSA completed at 22 weeks
<i>PHASE 5</i> <i>Return to Sport</i>	Full	Functional Brace	Full	Return to sport activities



For any questions or concerns regarding the protocol or rehabilitation process please contact

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