

Bonnie P. Gregory, MD
COMBINED ACL & PCL RECONSTRUCTION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-4 weeks</i>	Full in Brace *	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation, remove for sleeping**	As tolerated	Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Hamstrings avoidance until 6 weeks post-op
<i>PHASE II</i> <i>4-12 weeks</i>	Full	Discontinue at day 28 if patient has no extension lag	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<i>PHASE III</i> <i>12-16 weeks</i>	Full	None	Full	Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks
<i>PHASE IV</i> <i>16-24 weeks</i>	Full	None	Full	16 weeks: Begin jumping 20 weeks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
<i>PHASE V</i> <i>> 6 months</i>	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA

- ❖ Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure
- ❖ Brace may be removed for sleeping after first post-operative visit (day 7-10)
- ❖ Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 weeks post-op for competitive athletes returning to play after rehab

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

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