

Physical Therapy Prescription Multi-ligament Reconstruction with Meniscus Repair

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) MULTILIGAMENT RECONSTRUCTION (ACL / PCL / MCL / LCL / PLC) + Meniscus Repair

WEEKS 0-2

- * Brace on at all times – use crutches
- * No active motion during first two weeks after surgery. CPM and PROM okay 0-30 degrees.
- * Anti-inflammatory modalities to knee daily
- * Cryotherapy for pain control and cryokinetics
- * SLR and Quad Sets daily (up to 300-500 reps) in the brace
- * **NWB** with brace locked at zero degrees
- * Electrical Stimulation to Quad if poor control
- * **Brace on at all times through week 12**

WEEKS 2-6

- * Avoid all valgus load/stress for MCL-R, Avoid all varus load/stress for LCL-R
- * Active and passive ROM (0-90°). May progress past 90 degrees after 4 weeks based on quad control, OKC only. If patient does not have full extension, continue to progress to 5/0/90 with focus on full, active extension.
- * Quadriceps re-education (electrical stim, biofeedback). SAQ okay at this time
- * Hamstring and hip progressive resistance exercises.
- * Quad strength, progressive overload OKC.
- * Patellar mobilization
- * Trunk and spinal extensor muscle endurance exercises
- * Weight bearing: NWB with brace locked at zero degrees. May begin to TTWB with crutches at 4 weeks if directed by physician
- * 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**

WEEKS 6-12

May change to small brace at this point

- Begin squat/step program. LE push movements and Hip Hinge movements
- WBAT with goal of full WB by 6-8 weeks
- Begin proprioception program. SL balance on stable surface
- Cryotherapy for pain control
- Begin quadriceps eccentrics on leg press or Total Gym
- Hamstring, Achilles Tendon mobilization
- Patellar Mobilization
- Biking okay to begin. Pool therapy if available. (start with short crank on bike)
- **Brace on at times through week 12 – PlayMaker brace okay at week 6**

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WEEKS 12-20

- Begin barbell resistance training focused on CKC (Squat variations, Deadlift, Hip hinge variations) Linear progression of weights.
 - Squat variations** - Back, Front, Overhead, Sumo, Split Squat, Single leg, Bulgarian Split Squat, High box Step Up, Leg Press, Hex Bar Squat, Total Gym
 - Hip hinge variations** - Conventional deadlift, RDL, Good Morning, GHD/Reverse Hyper, Straight Leg Dead, Hip Thrusters, SL dumbbell, kettle bell swing, Nordic HS, Bridging
- OK to walk on treadmill (forward) & slow retro-step (At increased speeds and incline)
- Continue bike and pool
- May begin in line jogging between 12-16 weeks. Eccentric step down must be symmetric and without anterior knee pain
- Assess posture and functional movement patterns. Corrective exercise as needed
- Rotation and anti-rotation strengthening exercises for trunk and spinal extensors

WEEKS 20+

- Full arc progressive resistance exercises - emphasize quads and glutes
- Agility drills in frontal and sagittal plane only
- Progress running program – Gradual cutting (rounded) not to begin before 5.5 months
- Pivoting only at 22-24 weeks
- Continue multi planar and multi joint trunk strength
- Triple extension exercises to begin at 5 months post op. Plyometrics okay at 5 months (Mini jumps)

Frequency & Duration: (circle one) 1-2 2-3 x/week for ____ weeks

**Please send progress notes.

Physician's Signature: _____ **M.D.**