

## Physical Therapy Prescription Multiligament Reconstruction

**Patient Name:**

**Date:**

**Surgery Date:**

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

### WEEKS 0-2

- \* 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
- \* Partial weight bearing up to 20lbs to operative leg with brace locked at zero degrees
- \* Electrical Stimulation to Quad if poor control
- \* **Brace on at all times through week 12**

### WEEKS 2-6

- \* 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
- \* Core strength and endurance
- \* Weight bearing: remain limited – up to 20lbs 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**

### WEEKS 6-12

#### **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**

## Physical Therapy Prescription Multiligament Reconstruction

### WEEKS 12-20

- Quadriceps isotonic - full arc for closed chain.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- OK to walk on treadmill (forward) & slow retrostep
- Continue isolated muscle stretching & strengthening
- Continue bike
- May begin in line jogging at 16 weeks. Eccentric step down must be symmetric
- Assess posture and functional movement patterns. Corrective exercise as needed
- Continue to progress core strength and endurance, progressing to multi planar movements

### WEEKS 20+

- Full arc progressive resistance exercises - emphasize quads
- Agility drills in frontal and sagittal plane only
- Advanced functional exercises
- Progress running program - cutting
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Pivoting only at 22-24 weeks
- Continue multi planar and multi joint core strength

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

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**