

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### ACL & PCL Reconstruction

#### Phase I (0-6 weeks)

**Weight Bearing:** With crutches, 50% WB.

**Range of Motion:** Progress to full as tolerated. Extension stretching.

**Brace:** Full ROM. Remove for sleeping.

**Exercises:** SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day.

#### Phase II (6-12 weeks)

**Weight Bearing:** Progress to full as tolerated.

**Range of Motion:** Full. Extension stretching.

**Brace:** None

**Exercises:** Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike.

#### Phase III (3-5 months)

**Weight Bearing:** Full

**Range of Motion:** Full

**Brace:** None

**Exercises:** Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Bike. Progress elliptical to running as tolerated.

#### Phase IV (5-8 months)

**Weight Bearing:** Full

**Range of Motion:** Full

**Brace:** None

**Exercises:** Core. Hip abductors. Quad strengthening. Endurance. Plyometrics. Sport-specific drills. Return to full activity as tolerated if quad-controlled single leg squat.