

Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Multiligament knee reconstruction (ACL, MCL)

Phase I: 0-6 weeks

- Edema and pain control
- Weight bearing status:
 - o Heel touch WB in brace locked in extension
- ROM:
 - o 0-2 weeks: 0-45 degrees
 - o 2-6 weeks: 0-90 degrees
- Brace:
 - o 0-4 weeks: locked in extension except when working on ROM
 - o 4-6 weeks: 0-90 degrees
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps, no valgus stress to knee however

Phase III: 6-12 weeks

- WB status: Full with brace
- ROM: progress towards full
- Brace: HKB
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks

Phase IV: 3-12 months

- WB status: full without brace
- ROM: full
- Brace: wean off per MD recs
- Exercise: Phase III + advance closed chain exercises, progressive proprioception exercises, stairmaster, elliptical, begin running straight ahead
 - o 6 mo: begin jumping
 - o 9 mo: advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport specific drills
 - o 12 mo: advance as tolerated; **strength evaluation and single hop testing**

Phase V: 12-18 mo

- Gradual return to sports