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**PATIENT NAME:**

**DATE OF INJURY:**

**PHYSICAL THERAPY ORDER – Non-Operative Multi-Ligament Knee Injury**

Phase I: 4-6 weeks

- Edema and pain control
- Weight bearing status:
  - o Heel touch WB with brace locked in extension
- ROM:
  - o 4-6 weeks: 0-90 degrees
- Brace:
  - o 4-6 weeks: 0-90 degrees
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps, side lying hip/core

Phase II: 6-12 weeks

- WB status: advance as tolerated in brace
- ROM: progress to full
- Brace: unlocked
- Exercises: Phase I + toe raises, balance exercises, stationary bike

Phase III: 12-16 weeks

- WB status: Full without brace
- ROM: full
- Brace: wean off
- Exercise: Phase II + advance close chain strengthening, progress proprioception activities, close chain quads, hamstring curls, step-ups, front/side planks

Phase IV: 4-8 months

- WB status: full without brace
- ROM: full
- Brace: none
- Exercise: Phase III + advance closed chain exercises, stairmaster, elliptical