**ACL ALLOGRAFT RECONSTRUCTION WITH MCL REPAIR PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-2:**

• Toe touch weight bearing with crutches

• Brace set from 0-90 deg and wearing at all times except personal bathing

• PROM -> AAROM -> transition to AROM as tolerated from 0-90 deg

• Heel slides, quad sets, patellar mobilization, ankle pumps

• Straight leg raises (without brace only when able to perform without extension lag)

**\_\_\_\_\_\_Weeks 3-6:**

• Continue exercises from weeks 0-2

• D/c crutches and transition to full weight bearing

• Continue brace but open up to allow full ROM, focus on regaining full extension; goal ROM 0-125 deg

• Mini-squats, weight shifts, initiate step up program

• Proprioceptive training

• Avoid tibial rotation

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Weeks 7-12:**

• D/c brace

• Advance closed chain strengthening and bike exercises

• Normalize gait pattern

• Progressive squat program

• Initiate step down program

• Leg press and lunges (with body weight only initially)

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Months 3-6:**

• Begin forward running in straight line (no cutting/pivoting) when 8” stepdown adequate

• Progress strengthening and flexibility exercises

**\_\_\_\_\_\_Months 6-9:**

• Start polymetric exercises

• Start sport specific agility program

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_