



DR. MICHAEL BARROW ACL AND MCL RECONSTRUCTION – REHABILITATION PROTOCOL

	<u>POST OP WEEK</u>				<u>POST OP MONTH</u>		
	1 to 2	3 to 4	5 to 6	7 to 12	4 to 5	6 to 9	9 to 12
Brace* (Hinged P.O. ROM brace)	0° to 40°	0° to 60°	0° to 90°	FROM			
Weight-bearing* (heel – to gait, foot 0°)	TWB	TWB	PWB	FWB	FWB	FWB	FWB
ROM Goal	0° to 60°	0° to 60°	0° to 90°	0° to Full	0° to Full	0° to Full	0° to Full
ROM Exercises (within set ROM)							
Active assisted knee flexion / extension (foot sliding)	√	√	√	√			
Active knee flexion / extension (foot sliding)	√	√	√	√			
Oedema management (RICE)	√	√	√	As reqd.	As reqd.	As reqd.	As reqd.
Stretching (heel hangs)	√	√	√	√	As reqd.	As reqd.	As reqd.
Hamstring, calf	√	√	√	√	√	√	√
Patella mobilisations	√	√	√	√	As reqd.	As reqd.	As reqd.

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Strengthening Isometric quads / SLR	√	√	√	√	√	√	√
Closed chain gait re-ed (protected weigh bearing as required)							
Mini squats, wall slides (weight bear allowed) toe standing	√	√	√	√	√	√	√
Open chain knee extension				90°-30°	90°-30°	√	√
Hamstring curls			√	√	√	√	√
Leg press		√	√	√	√	√	√
Hip extension, ABD, ADD (avoid varus / valgus stresses on knee)	√	√	√	√	√	√	√
Cardiovascular stationary bicycle / swim, straight kick				√	√	√	√
Step machine				√	√	√	√
Running – straight						√	√
Proprioception (e.g. weight transfers, balance board, mini tramp)			√	√	√	√	√
Dynamic stability (e.g. stepping on / off different surfaces and in all directions)				√**	√	√	√
Sport specific / agility drills (e.g. shuttle runs, cariocas, figure 8's)					√**	√	√
Plyometrics (e.g. bounding, hopping, jumping)					√**	√	√
Activities							

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Work – sedentary		√	√	√	√	√	√
Work – heavy				√***	√***	√	√
Driving				8w	√	√	√
Full sports							√

*See post op instructions as this may vary.

**Progressed within limits of pain, swelling and muscle control.

***Dependent on type of employment / sport.