ACL / LCL Rehabilitation Guidelines

1) Delayed progression of full extension to protect LCL repair
2) Hinged brace for all weight bearing and axial load activities X 3 months to protect LCL repair
3) Protect graft from varus stress at all times
4) Rehab is LCL dominant protocol
5) Rehab progression with zero at surgical date.

Weeks 0-6 (Protective Phase) Phase I

Week 0-4:
Brace locked 30 degrees, may flex and extend from 30 to 90, ankle motion, calf presses

Week 5:
Extension limit 30 degrees
Flexion to 90 degrees
AROM within flexion and extension limits
Active flexion to extension limit up to 10 lb. weight

Week 6:
Extension limit 30 degrees
Flexion limit 110 degrees
Active extension to extension limit up to 10 lb. weight

Week 5-6:
Seated heel slides, wall slides, perform quad sets in brace, glut and hamstring isometrics, LAQ (90-30 degrees, light weight), seated hip flexion, gastroc stretch

Week 7-12: Phase II

Progress ROM to full flexion and full extension. Extension is slow and gradual. Knee motion 0-120 degrees by 8 weeks. Full ROM by week 12. Protect from hyper extension. Initiate weight bearing, progress to WBAT.

Initiate hamstring stretching. Continue calf stretch.

Estim to quad/VMO as needed

Patellar/retinacular passive mobility.
Heel slides: seated and/or supine

Quad sets are continued until swelling is gone and quad tone is good
SLR (3-way) and ankle weights when ready

Closed-chain TKE

Leg press

Forward step-ups

Step-Overs

Wall squats to 45 degrees

Calf raises

Bike when 110 degrees flexion reached

Weight shifting – medial/lateral balance

SLS, focus on knee flexion

Play ball toss

Gait train, cone walking, forward, lateral