

**CM Gupte:
ACL/PCL protocol rehab**

	POST OP WEEK				POST OP MONTH		
	1-2w	3-4w	5-6w	6-12w	4-5m	6-9m	9-12m
Brace Hinged P.O. ROM brace	0-70	0-70	0-90	0-FULL			
Weight-bearing (normal gait pattern ASAP)	See post –op instructions			FWB	FWB	FWB	FWB
ROM Goal	0 - 70	0 - 70	0 - 90	0-FULL	0-FULL	0-FULL	0-FULL
ROM exercises (within set ROM)							
Active assisted knee flex/ext (foot sliding)	✓	✓	✓	✓			
Active knee flex/ext (foot sliding, NO resistance)	0-60	0-60	0-60	0-60	0-FULL	0-FULL	0-FULL
Passive knee flex (proximal tibial force directed anteriorly)	✓	✓	✓	✓			
Oedema management (RICE)	✓	✓	✓	As reqd	As reqd	As reqd	As reqd
Stretching (prevent tibial sag when resting in knee extension)	✓	✓	✓	✓	✓	✓	✓
Hamstring, calf, ITB,	✓	✓	✓	✓	✓	✓	✓
Patella mobilisations	✓	✓	✓	✓	As reqd	As reqd	As reqd
Strengthening Isometric quads/SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain (protected weightbearing as required (gait re-ed, mini squats within ROM limits, toe standing, theraband)	✓	✓	✓	✓	✓	✓	✓
Wall slides	0-30	0-45	0-60	0-60	✓	✓	✓
Open chain knee extension		70-30	70-30	70-30	70-30	90-0	90-0
Hamstring curls					✓	✓	✓
Leg press				✓	✓	✓	✓
Hip extn, abd, add (avoid varus/valgus stresses on knee)	✓	✓	✓	✓	✓	✓	✓

	1-2w	3-4w	5-6w	6-12w	4-5m	6-9m	9-12m
Cardiovascular Stationary bicycle, no toe traps				✓	✓	✓	✓
Step machine /swimming straight kick					✓	✓	✓
Running -straight						✓	✓
Proprioception (eg, weight transfers, balance board, mini tramp)				✓	✓	✓	✓
Dynamic stability (eg stepping on/off different surfaces and in all directions)					✓	✓	✓
Sport specific/agility drills (eg. Shuttle runs, cariocas, figure 8s)						✓*	✓
Plyometrics (eg bounding, hopping, jumping)						✓*	✓
Activities							
Work – sedentary		✓	✓	✓	✓	✓	✓
Work - heavy				✓**	✓**	✓	✓
Driving				8w	✓	✓	✓
Full sports							✓**

* progressed within limits of pain, swelling and muscle control. **Dependent on type of employment / sport