
ACL/PCL/Posterior Lateral Corner Combined Reconstruction

Name: _____ Date: ____ / ____ / ____

Phase I: (Post-op to Week 4)

- Brace 0/0
- Toe touch weight bearing for two weeks, then 50 percent weight bearing for two weeks
- Week 3: ROM – Calf assisted or prone **passive only** 0 to 90 degrees as tolerated

Phase II: (Weeks 5 to 12)

- Brace 0/0 weeks 5 and 6, then 0 to 50 degrees for one week, then 0 to 90 degrees for five weeks
- Advance to weight bearing as tolerated in brace
- Brace 10 to 12 weeks total as directed by Dr. Roberson
- ROM still passive for eight full weeks then AROM as tolerated
- ROM 0 to 90 degrees through week six, then 0 to 120 degrees by week eight
- Week 8: Start stationary bike with high seat and forward heel on pedal
- Week 10: Begin light strengthening

Phase III: (Weeks 13 to 9 Months)

- D/C brace
- Continue to gain full ROM/full AROM
- Begin pool exercises and treadmill work
- Strengthen

Phase IV: (Months 9 to 12)

- Return to sport specific training