

Rehabilitation Protocol: Combined Anterior Cruciate Ligament (ACL) and Medial Collateral Ligament (MCL) Reconstruction

Phase I (Weeks 0-4)

- **Weightbearing:** Touch-down weightbearing
- **Hinged Knee Brace:** Locked in full extension for ambulation and sleeping
- **Range of Motion** – PROM 0-30⁰
- **Therapeutic Exercises**
 - Quadriceps Strengthening/ Straight-Leg Raise with brace in full extension until quad strength prevents extension lag
 - Patellar mobilization
 - Non-weightbearing stretch of the Gastroc/Soleus

Phase II (Weeks 4-6)

- **Weightbearing:** Advance to WBAT using crutches for balance
- **Hinged Knee Brace:** Open between 0 and 30⁰
- **Range of Motion** – Maintain full knee extension– work on progressive knee flexion (Goal: 0-60⁰ by week 6)
- **Therapeutic Exercises**
 - Continue with phase I exercises

Phase III (Weeks 6-8)

- **Weightbearing:** Full weightbearing
- **Hinged Knee Brace:** Open between 0 and 60⁰
- **Range of Motion** – PROM/AAROM/AROM – Progress to full ROM
- **Therapeutic Exercises**
 - Continue with quadriceps strengthening
 - Start open chain calf strengthening with theraband

Phase IV (Weeks 8-12)

- **Weightbearing:** Full weightbearing
- **Hinged Knee Brace:** Unlocked
- **Range of Motion** – Full ROM
- **Therapeutic Exercises**
 - Half squats/Step downs
 - Proprioception activities
 - Closed chain strengthening
 - Start stationary bike

Phase V (Months 3-9)

- Advance closed chain strengthening and proprioception activities
- Start elliptical/jogging at 6 months
- Return to athletic activity as tolerated at 9 months post-op