

Multi-ligament Knee Reconstruction Physical Therapy Protocol/Prescription

Name: _____**Date:** _____**Diagnosis:** _____**Date of Surgery :** _____**WEEKS 1-6:**

- Ambulate TTWB with Bledsoe Brace locked @ 0° extension
- Avoid Valgus Loads to Knee for first 6 weeks
- Limit ROM 0-45° for first 2 weeks then 0-90° for first weeks 2-6 ** LIMIT TO 50 CYCLES FLEX/EXT PER DAY **
- Hip PRE'S
- Quadriceps Re-education (E-stim, Biofeedback)
- Active Extension 0-70°
- Passive Flexion 0-90°
- Patellar Mobilization
- Cryotherapy
- Continue w/ Home Exercise Program
- No hamstring work until 6 weeks

**WEEKS 6-8:**

- Progress to FWB w/ Brace set 0°-90° and crutches
- Discontinue crutches when gait is not antalgic
- Ambulation training in Aquatrex
- Progress to full ROM
- Begin Active flexion Isometrics, Isotonics, 0°-90° : CLOSED CHAIN
- Leg Press in 90°- 0° arc
- Multiple angle Quadriceps Isometrics, 90°- 0°
- Calf raises
- Bicycle ergometer
- LIDO exercises: Isometrics, Active Extension / Passive Flexion, Concentric/ Eccentric Quadriceps
- Begin Quadriceps Isotonics 0°-70° (distal pad), Eccentric first
- KT-1000 test @ 6 weeks
- Brace change @ 6 weeks

○ **WEEKS 8-12:**

- Restore normal gait
- Begin squat/step program
- Proximal musculature PRE's
- Begin Proprioception program
- Quadriceps Isotonics (knee extension) 0°-90° (distal pad)
- Begin Retro program
- LIDO exercises: Isotonics, Quadriceps Eccentrics
- Nordic track

○ **WEEKS 12-20:**

- Restore full ROM
- Continue Proximal musculature PRE's
- Quadriceps Isotonics (knee extension) in full arc
- Begin functional exercise program
- Progress endurance activities
- Maintain/ Improve flexibility in lower extremities
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum - Quadriceps Eccentrics in 0°-90° arc
- Stairmaster / Versaclimber
- KT-1000 test @ 3 months

○ **WEEKS 20-28:**

- Full arc PRE's to restore strength, emphasizing quadriceps
- Agility drills
- Continue functional exercises
- Begin running program
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum
- Functional test assessment @ 24 weeks
- KT-1000 test @ 24 weeks
- Return to limited sporting activities

**WEEKS 28-40:**

- Restore strength, function, endurance, and agility of lower extremity
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Progress running program
- Functional test assessment @ 24 weeks
- Return to full activity

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____