

Lisa Kaplin, DO

MULTILIGAMENT KNEE RECONSTRUCTION REHABILITATION

0-3 WEEKS:

No weight bearing, keep brace locked at 0 degrees (full extension) at all other times except physical therapy. Emphasis on maintaining full extension.

- ROM: Passive flexion 0-60 degrees, Active Assisted extension 60 to 0 degrees Patella mobilization
- SLR supine with brace locked at 0 degrees
- AVOID isolated active hamstring exercises for the first four months postoperatively to avoid significant stress to the healing posterolateral corner repair and reconstruction procedure.
- Quadriceps isometrics @ 60 degrees
- Ankle pumps
- Heel slides
- WEAR KNEE BRACE FOR AT LEAST 6-8 WEEKS POST OP

3-6 WEEKS:

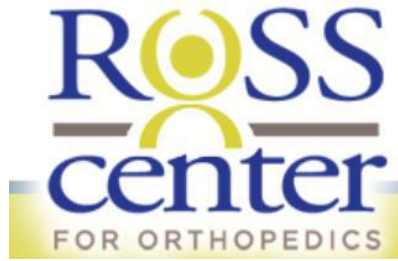
- Non weight bearing to progressive Weight Bearing TTWB to PWB (50%) with crutches
- Brace locked @ 0 degrees
- ROM: Active Assisted extension 90-0 DEGREES
- Passive flexion 0-90 degrees
- Short crank (90mm) ergometry
- SLR's (all planes): Progressive Resistance, start with no weight, then add 1 lb after each week.
- Multiple-angle Quadriceps Isometrics: 60 to 20 degrees
 - Should have 90 degrees of flexion towards the end of 6 weeks.

6-12 WEEKS

- D/C crutches when gait is non-antalgic (6-8weeks)
- Brace changed to OTS
- Initiate Forward Step Up program (6-8weeks)
- Leg Press, Mini-Squats (60-0 degree arc)
- Standard ergometry (if knee ROM > 115 degrees)
- AAROM exercises
 - Stationary bike
- Proprioception Training (Prop Board, BAPS)
- Aquacisor (gait training)
- Retrograde treadmill ambulation
- Initiate Step Down Program (8-10 weeks)

12-20 WEEKS

- Leg Press: Squats (80 to 0 degree arc)
- AAROM exercises
- Proprioception Training (Prop Board, BAPS) Lunges
- Advanced Proprioception training (perturbations) Agility exercises (sport cord)



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- Versaclimber
- Retrograde treadmill running
- Quadriceps stretching

20-26 WEEKS

- Start forward running (if descend 8" step satisfactorily)
- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Initiate plyometric program (if sufficient strength base)
- Functional Hop Test (>85% contralateral)

>26 WEEKS

- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Advance plyometric program
- Advance agility and sport specific program