

Provider: Mark Wood, MD

Multi-ligament Knee Reconstruction (ACL/PCL/LCL/PLC)

0 to 4 Weeks

- TDWB in locked brace
- PROM 0-90 (Avoid hyperextension)
- Quad stim/isometrics

5 to 6 Weeks

- Advance to WBAT (open brace)
- Active-asst ROM
- **Avoid active flexion until six (6) weeks after PCL recon**

6 to 8 Weeks

- WBAT in brace
- Full AROM

8 to 24 Weeks

- Terminal stretching
- Increase strengthening

6 to 9 months

- Return to sport/heavy labor

Long hinged brace three (3) months then transition to short hinged or functional brace