

Sheena Black, MD
Orthopedic Surgeon
Sports Medicine Specialist



www.sheenablackmd.com

PHYSICAL THERAPY PRESCRIPTION
ACL, PCL, & MCL Reconstruction

Name: _____ Date: _____

Post-Operative Diagnosis: Right Left

Ligaments: ACL PLC PCL MCL _____

Graft: BTB Hamstring Allograft _____

Additional Procedures: Lateral Meniscectomy Medial Meniscectomy
 Lateral Meniscal Repair Medial Meniscal Repair
 Other: _____

Weight Bearing: Non-weight bearing x 3 weeks, then 50% WB with crutches x 3 weeks

ROM: Locked in full extension in brace for ambulation & sleeping

NO HAMSTRING EXERCISES, NO HEEL SLIDES, NO CPM

Frequency & Duration: BIW - TIW at 4 weeks post-op, BIW at 8 weeks post-op

Rx: ACL/PCL/PLC Post-Op Rehab – Phase 1 (follow my protocol strictly)
Dressing change / wound check 2-3 days post-op

Precautions:

Per my PT protocol

Other:

Physician's Signature: _____, MD

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PHYSICAL THERAPY PROTOCOL ACL, PCL & MCL Reconstruction

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/week HEP daily	NWB x 3 weeks 50% WB w/ crutches x 3 weeks *	Locked in full extension for ambulation & sleeping Once able to perform SLR without lag out of brace – may unlock for ambulation (0-90°) and remove for sleeping	Advance slowly 0 – 90°	NO HAMSTRING CURLS, NO HEEL SLIDES, NO CPM (hamstring avoidance until 6 weeks post-op) Quad sets, patellar mobs, gastric/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
Phase II Weeks 6-12 PT 2-3x/ week HEP daily	Advance to WBAT by 8 weeks	Discontinue at 6 weeks if no extension lag (<i>may transition to functional brace</i>)	Full	OK to start light resistance hamstring curls Begin toe raises, closed chain quads, balance exercises, stationary bike, step-ups, front and side planks; advance hip/core
Phase III Weeks 12-16 PT 2-3x/week HEP daily	WBAT	None (<i>encourage functional brace usage</i>)	Full	Advance closed chain strengthening Progress proprioception activities Begin Stairmaster, elliptical and running straight ahead at 12 weeks
Phase IV Weeks 16-24 PT 1-2x/week HEP daily	WBAT	None (<i>encourage functional brace usage</i>)	Full	16 weeks: Begin jumping 20 weeks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program & sport- specific drills
Phase V > 6 months PT 1x/week HEP daily	WBAT	None (<i>encourage functional brace usage</i>)	Full and pain- free	Gradual return to sports participation after completion of RTS testing ** Maintenance program based on RTS testing

* May be modified based on concomitantly performed meniscus repair or articular cartilage procedures

** Completion of RTS (Return to Sport) testing not mandatory, but recommended at 6 months post-op for competitive athletes returning to play after rehab

IF QUESTIONS: PLEASE CALL 469-800-7200

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