

Multi-ligamentous Reconstruction

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Phase 1 Weeks 0-6 2x/week HEP daily	Control inflammation Full passive extension Knee flexion Week 0-1: 70° Week 2-4: 90° Week 5-6: 110° Patella mobility Edema and pain control Straight leg raise without lag	Non-weight bearing Brace locked at 0° for ambulation and sleeping No open chain hamstring strengthening if PCL or posterior lateral corner involved *If PCL involved perform ROM only passively and in prone for first 2 weeks	Quadriceps re-education and straight leg raise with brace locked in extension Knee ROM exercises: *If PCL involved perform only passively and in prone for first 2 weeks Patella mobilizations Hip/Core strengthening Calf strengthening Hamstring, gastrocnemius, and hip flexor stretching NMES Cryotherapy
Phase 2 Weeks 6-12 2x/week HEP daily	Knee ROM: 0-120° Gait retraining	Gradually progress weight bearing with brace Discharge brace after week 10 if adequate quad	Cycle with no resistance, add resistance at 10 weeks Open kinetic chain exercises <60° knee flexion if PCL involved >30° knee flexion if ACL involved Double leg squat <70° Leg press Calf raises Hamstring, gastrocnemius, and hip flexor stretching Patella mobilizations NMES Cryotherapy
Phase 3 Weeks 12-26	Full knee ROM	No aggressive stretching into end range	Elliptical Double leg squat >70°

<p>1-2/week</p> <p>HEP daily</p>	<p>Tolerate single leg body weight exercise</p> <p>Quadriceps strength: 70% limb symmetry index</p> <p>Anterior Y-balance within 8cm of contralateral limb</p>	<p>Avoid painful activities</p> <p>No running</p>	<p>Single leg squat <70°</p> <p>Eccentric quad strengthening</p> <p>Active resisted hamstring exercises</p> <p>Quadriceps stretching</p> <p>ITB stretching unless PCL/LCL</p>
<p>Phase 4</p> <p>Weeks 26+</p> <p>1x/ week</p> <p>HEP Daily</p>	<p>Full extension and flexion within 5° of contralateral limb</p> <p>Return to running if no pain or swelling, strength and functional tests >75% of contralateral leg</p> <p>Hopping > 85% limb symmetry index</p> <p>Return to sport at 1 year if full pain-free ROM, no instability, strength and functional tests >85% of contralateral side, and MD clearance</p> <p>Anterior Y-balance within 4cm of contralateral limb</p>	<p>Avoid painful activities</p>	<p>Return to running</p> <p>Cutting at 8 months</p> <p>Sport-specific exercises</p>

Typical Schedule of follow-up visits with physician after surgery:

- Dr. Corpus follow up schedule
 - PA 2 weeks
 - MD 6 weeks, 3 months, 6 months, 9 months

Dressings:

- Dermanet dressing can stay on until follow up as long as clean and dry.
- Able to bathe right away, just keep dressings dry.
- ACE wrap bandage stays for 2-3 days for swelling