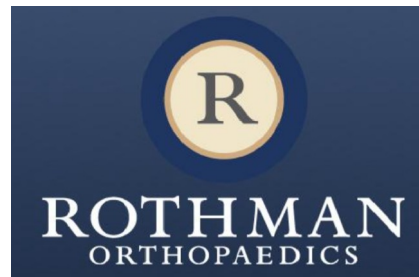


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Multi-ligament Knee Reconstruction Physical Therapy Protocol

Patient Name: _____ Date: _____

Surgery: s/p RIGHT/LEFT MULTILIGAMENT RECONSTRUCTION – (ACL / PCL / MCL / LCL / MPFL)

Date of Surgery: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

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

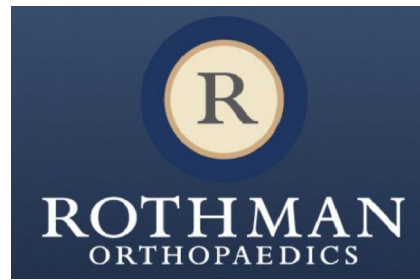
WEEKS 6-8

- ___ 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

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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:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before
 Ice after Trigger points massage Therapist's discretion

Signature _____ Date _____