



ACL / MCL Reconstruction Rehabilitation Protocol

progression to the next phase should only be completed once patients have passed the goals of their current phase

	Brace	Weight Bearing	ROM	Exercises
0-4 weeks*	Locked in Extension @ all times, except therapy (Hinged brace starting @ first post-op visit)	Protected partial weight bearing in brace, with crutches	0-90 as tolerated. Focus on early full extension.	Ankle pumps, quad isometrics (quad sets), patellar mobilizations, prone hangs, SLR (in brace until no lag), heel slides, hamstring isometrics. No hip / leg abduction*
4-8 weeks	Unlock brace for ambulation, D/C @ 8 weeks	Full WB, wean crutches @ 6 weeks	Advance ROM	As above plus treadmill walking, pool therapy, mini squats (0-45), carpet drags.
8-12 weeks	Unlocked, worn for activities	Full WB	FULL	Progress closed-chain leg strengthening, stationary bike, step downs
12 weeks – 6 months	D/C brace. May consider custom brace for return to sport	FULL	FULL	Single leg strengthening, agility drills, swimming, plyometrics @ 4 months, jogging / running @ 5 months
6+ months	As above	FULL	FULL	Maintain & progress strength and endurance. Return to cutting / pivot sport (games) goal @ 12 months, IF mentally and physically prepared