

ACL Reconstruction with LCL Reconstruction (with or without Meniscus Repair)

	Phase I: weeks 0-2	Phase II: 3-6 weeks	Phase III: weeks 7-12
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • TTWB with brace locked in full extension • Brace locked in full extension while ambulating and sleeping but may be unlocked 0-45° while sitting or doing PT 	<ul style="list-style-type: none"> • TTWB in brace unlocked 0-90° when minimal edema, no extension lag, and excellent quadriceps control 	<ul style="list-style-type: none"> • PWB with 25% body weight. Increase weight-bearing by 25% every 3-5 days until WBAT. Discontinue crutches when gait normalizes. • Discontinue brace when no extension lag, excellent quadriceps control, and quadriceps strength adequate for stable ambulation
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Stationary bike (low resistance, elevated seat height initially, and normalize height as ROM allows)
Range of Motion and Strengthening	<ul style="list-style-type: none"> • Patellar mobilization • Isometric quad sets and straight-leg raises (in knee brace) • Ankle pumps and gastrocnemius stretch • Passive extension stretch 	<ul style="list-style-type: none"> • Continue Phase I exercises • ROM 0-90° • Heel Slides • Isometric quad sets and straight-leg raises (may remove brace when no extension lag) • Hip and core exercises while avoiding varus stress on the knee • No active isolated hamstring exercises • Open-chain exercises (starting after week 4 without resistance) <ul style="list-style-type: none"> ▸ week 4: 90° - 45° ▸ week 5: 90° - 30° ▸ week 6: 90° - 20° 	<ul style="list-style-type: none"> • Continue Phase II exercises • Advance ROM as tolerated • Closed-chain exercises (mini-squats, leg press, etc.) <ul style="list-style-type: none"> ▸ Sagittal and frontal planes only (no transverse plane exercises) ▸ Mini-squats ▸ Resistance limited to 10-25% body weight • Balance and proprioception • No active isolated hamstring exercises • Open-chain exercises (no resistance) <ul style="list-style-type: none"> ▸ week 7: 90° - 10° ▸ week 8: 90° - 0°
Goals	<ul style="list-style-type: none"> • Control of pain and swelling • Protect of tissue healing • Minimize joint stiffness • Quadriceps activation 	<ul style="list-style-type: none"> • Continue Phase I goals • Begin light muscle conditioning • ROM progression 	<ul style="list-style-type: none"> • Regain full ROM if not already achieved • Progress quadriceps/VMO strengthening • Work toward passing <ul style="list-style-type: none"> ▸ Leg Press Test ▸ 8" step-down without deviations • Achieve quadriceps, hamstring, gluteus medius, and gluteus maximus strength limb symmetry >80%

	Phase IV: weeks 13-16	Phase V: months 4-6	Phase VI: 6-9+ months
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT • No knee brace 		
Aerobic	<ul style="list-style-type: none"> • Advance stationary bike as tolerated • May begin stair-climber and/or elliptical machines 	<ul style="list-style-type: none"> • Begin walk-jog-run progression 	<ul style="list-style-type: none"> • Continue walk-jog-run progression
Range of Motion and Strengthening	<ul style="list-style-type: none"> • Continue Phase III exercises • Advance closed chain strengthening, motion, proprioception, and balance • Progressive squat program • Progressive leg press program • May begin isolated hamstring exercises 	<ul style="list-style-type: none"> • Continue Phase IV exercises • Begin open chain exercises • Progressive lunge program • Begin step-down program • Begin general plyometric program • Begin to work toward passing Leg Press and Single Hop Tests 	<ul style="list-style-type: none"> • Continue Phase V exercises • Progress with strengthening • Advance to sport-specific plyometric program after completing general program • Advance to sport-specific agility program after completing general program
Goals	<ul style="list-style-type: none"> • Progress quadriceps/VMO strengthening • Work toward passing Leg Press Test 	<ul style="list-style-type: none"> • Work toward passing Leg Press Test • Work toward passing Single Hop Test 	<ul style="list-style-type: none"> • Progress to sport-specific plyometric and agility programs • Return to sports 9+ months after surgery