



# Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

## **ANTERIOR CRUCIATE LIGAMENT (ACL), POSTERIOR CRUCIATE LIGAMENT (PCL) AND POSTEROLATERAL CORNER (PLC) RECONSTRUCTION**

### **PHYSICAL THERAPY PROTOCOL**

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[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

\_\_\_ **Evaluate and Treat**                      \_\_\_ **Provide patient with home program**

**Frequency:** \_\_\_\_\_ x/week    x    \_\_\_\_\_ weeks

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b>  0-6 weeks	Non-weight bearing *	<b>0-2 weeks:</b> Locked in full extension for ambulation and sleeping	<b>0-2 weeks:</b> 0- 45  <b>2-6 weeks:</b> Advance slowly 0-90	Quad sets, patellar mobs, gastroc/soleus stretch  SLR w/ brace in full extension until quad strength prevents extension lag



		<b>2-6 weeks:</b> Unlocked for ambulation 0-90**		Side-lying hip/core  Hamstrings avoidance until 6 wks post-op
<b>PHASE II</b>  6-12 weeks	Advance 25% weekly until full WB by 8 wks	Discontinue at 6 wks if no extension lag	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<b>PHASE III</b>  12-16 weeks	Full	None	Full	Advance closed chain strengthening  Progress proprioception activities  Begin stairmaster, elliptical and running straight ahead at 12 weeks
<b>PHASE IV</b>  16-24 weeks	Full	None	Full	<b>16 wks:</b> Begin jumping  <b>20 wks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
<b>PHASE V</b>  > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA***  Maintenance program based on FSA

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

\*\*\*Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_ would \_\_ would not benefit from social services.**

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**