

Physical Therapy Prescription for:

label

Diagnosis: Multiligament Knee Injury []ACL []PCL []MCL []PLC [] Peroneal Nerve
Surgical Procedure:**Date of Surgery:****Eval & Treat:** 2x/week x 12 weeks**PRECAUTIONS:** No active hamstring exercises, external rotation, or hip abduction exercises for 6 weeks**Weeks 0 to 2 (Immediate Postoperative Period – Protection Phase)**

- Strict elevation
- Brace locked in extension for sleep and ambulation
- PWB (50%)
- PROM: 0-45°
- Patellar mobs, SLR with brace locked in extension, quad sets

Weeks 2 to 6:

- PROM goal: 90 deg by 6 weeks, advance slowly
- PWB 50%
- Closed chain minisquats, supine heel slides, SLR with brace locked in extension, gastroc/soleus stretch

Weeks 6 to 12:

- Advance WB 25% weekly until WBAT by 8 weeks
- Ambulation with brace unlocked when able to do a SLR w/o lag
- Ok to start active hamstring exercises, external rotation, and hip abduction
- Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/core
- PROM goal: full by 12 weeks

Weeks 12 to 16:

- Discontinue brace
- Advanced closed chain strengthening
- Progress proprioception activities
- Begin stairmaster, elliptical, and straight ahead running