



**Nathan E Marshall MD**  
Rochester Hills, MI  
(248) 650-2400  
Shelby Township, MI  
(586) 254-2777  
[NateMarshallMD.com](http://NateMarshallMD.com)

## **ACL, PCL, PLC Reconstruction Physical Therapy Protocol**

### **POST-OPERATIVE PHASE**

Weeks 0-6

#### **Phase 1**

- Weight Bearing: Heel touch weight bearing (50% weight bearing) in brace (locked in extension)
- Brace: 0-2 weeks - Locked in extension for ambulation and sleeping  
2-6 weeks – Unlock 0-30, progress 10 degrees per week to 0-90
- ROM: 2-6 weeks - 0-30 degrees, progress 10-15 degrees per week, goal 0-90 @ 6 weeks
- Exercises: Quad sets  
patellar mobility  
gastroc/soleus stretch  
SLR w/ brace in full extension until quad strength prevents extension lag  
Side-lying hip/core  
**Hamstrings avoidance until 6 wks post-op**

Weeks 6-12

#### **Phase 2**

- Weight Bearing: advance 25% weekly until full WB at 8 weeks
- Brace: discontinue at 6 weeks if no extension lag
- ROM: full
- Exercises: Begin toe raises  
closed chain quads  
balance exercises  
hamstring curls  
stationary bike  
step-ups  
front and side planks  
advance hip/core

Weeks 12-16

#### **Phase 3**

- Weight Bearing: Full
- Brace: none
- ROM: Full
- Exercises: Advance closed chain strengthening  
Progress proprioception activities  
Begin stairmaster, elliptical and running straight ahead at 16 weeks

Weeks 16-24

**Phase 4**

- Continue as above.
- 16 wks: Begin jumping
- 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program

>6 months

**Phase 5**

- Gradual return to sports participation with clearance from PT and Surgeon.