

**Post-operative Multiple Ligament Reconstruction Protocol**

First 7-10 days

Keep brace on and locked in full extension for 1-4 weeks as defined by Dr. Elkousy.  
Use crutches for partial weight bearing onl for 2-6 weeks as defined by Dr. Elkousy.  
Change dressing on second day after surgery and replace with dry dressing.  
Perform calf pumps, straight leg raises, and quadriceps sets at least three times each day (10-20 repetitions each time).  
May be instructed to also perform heel slides. That will be indicated on your discharge instructions.  
Use ice pack/cryocuff 3 times each day for 15 minutes each time.  
Keep wound/dressings dry. No showers for seven days and no baths for 3 weeks or until wounds are healed fully. You may use saran wrap or other plastic bag (garbage bag) to keep wound dry if you want to shower sooner.  
Pain medication and an antibiotic will be prescribed.  
Avoid anti-inflammatories for the first six weeks after surgery.

First week to one month

At first clinic visit:

- Full weight bearing with brace locked in full extension.
- Sutures/staples will be removed and may start showering. No baths or pools for 3 weeks after surgery.
- Do not need to wear dressing if brace does not rub against wound.
- Steri-strips will fall off on their own. If not, pull them off gradually one week after they are placed.

PT goals (Range of motion):

- 60 degrees of flexion by 3-4 weeks
- Swelling control

Exercises:

- Quadriceps sets
- Straight leg raises
- Patellar mobilization
- Prone knee flexion/extension
- Heel slides
- Sitting knee flexion

4 weeks to 12 weeks

4-6 week clinic visit:

- Unlock brace for gait training at 4 weeks.
- Ambulate with brace unlocked until 6 weeks. Discontinue brace at 6 weeks
- Continue using crutches until 2-4 weeks.

PT goals (Improve ROM, advance strengthening):

- Obtain full knee flexion by 12 weeks
- Quadriceps strengthening

- Hamstring strengthening – Start at 6-8 weeks
- Calf strengthening

Exercises:

- Wall slides and mini-squats to 45 degrees (closed chain 0-45)
- Toes raises, step ups
- May ride exercise bike, Nordic track, elliptical trainer, stairmaster with low resistance
- Swimming (crawl stroke, backstroke only; avoid heavy kicking strokes)

3 to 6 months

PT goals:

Continue all previous exercises to progress to full strength of quadriceps and hamstrings

Exercises:

- Start jogging at 6 months.
- 90 degree quats, leg presses at low weights and progress to full weight by 6 months.
- All weight training should be slow, controlled. No ballistic motion
- No cutting maneuvers

12-16 months

Goals:

- Return to sport if full range of motion, strength is 90% of other leg
- Brace required.

Exercises:

Begin with sport-specific exercises and cutting maneuvers and progress to playing over 6 weeks

Additional instructions:

If the right leg is the operative leg, you may not drive an automatic transmission vehicle for 4 weeks.  
If the left leg is operative leg, you may drive an automatic transmission vehicle after having stopped using narcotic pain medication.

May return to sedentary desk work in one week.

May return to work requiring standing gradually over 6-12 weeks.

May return to heavy labor in 12-16 months.

Duration and frequency of PT:

For week 1-8 (14 visits): supervised 2x/week. Perform exercises on your own 5-7 days/week

For week 8-12 (4 visits): supervised 1x/week. Perform exercises on your own 3-5 days/week

For weeks 12-24 (3 visits): supervised 1x/month. Perform exercises on your own 3-5 days/week