



MULTILIGAMENT RECONSTRUCTION

Post-Operative Therapy Protocol

0-2 weeks

- NWB for 6 weeks
- ROM: 0-90°, with a focus on achieving full extension
- Patella mobilization
- Supine SLR with brace locked at 0°
- Quad sets with brace locked at 0°
- Ankle pumps
- Short crank (90mm) ergometry

2-6 weeks

- Flexion-extension wall slides

6-12 weeks

- Start stationary bike spinning
- Gradually wean off crutches
- Sit and reach for hamstrings
- Progressive squat program
- Initiate step-down exercises
- Balance exercises
- Double leg bridges
- Begin cord exercises

12-20 weeks

- Sports-specific test exercises
- No gravity running

>24 weeks

- Running progression

- Agility exercises
- Multidirectional movements
- Functional sports testing

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery