

Combined Anterior Cruciate Ligament (ACL) and Posterior Cruciate Ligament (PCL) Guideline

Time Post-op	Brace	Weight Bearing	Rehabilitation Guide	Goals
0-3 weeks	5-90	Partial weight bearing	Prophylactic circulatory exercises Cryotherapy Active flex with care out of brace 5-90° Gait re-education Isometric quads (avoid hyperextension) Vastus medialis oblique Abduction, adduction, gluteal exercises Patella mobilisations	Reduce swelling Pain control Achieve 90 flexion Independent on crutches Independent with fitting brace Education on rehabilitation progression Good isometric quads contraction Mobile patella
3-6 weeks	0- to full range of movement	Gradually wean off crutches by week 4	Progressively achieve full range of movement Gait re-education Co-contraction quads/hamstrings Closed kinetic chain exercises Patella mobilisations Weight transference/single leg stance / proprioceptive rehabilitation Static bike/x-trainer(no reverse motion) Hydrotherapy	Full range of movement by week 6 Prevent scar adherence Improve proprioception Straight leg raise with no lag Progressively strengthen quadriceps
6-12 weeks	Free range within brace. Wean off brace at 8 weeks	Full weight bearing	Promote normal gait Start treadmill work Increase cardio vascular work Increase muscle control through range Improve overall strength and endurance Continue to work on proprioception	Minimal effusion Pain free Full range of movement Isometric quads 80% of contraialateral Adequate dynamic stability