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Patient Name:

Date:

MULTILIGAMENT KNEE RECONSTRUCTION

- Anterior Cruciate Ligament Reconstruction
- Posterior Cruciate Ligament Reconstruction
- Medial Cruciate Ligament Reconstruction
- Posterior Lateral Corner Reconstruction

MULTILIGAMENT RECONSTRUCTION PHYSICAL THERAPY PRESCRIPTION

WEEKS 1-6

- ___ Ambulate TTWB with Bledsoe Brace locked @ 0° extension
- ___ Avoid Valgus Loads to Knee for first 6 weeks
- ___ Limit ROM 0-90° for first 6 weeks ** LIMIT TO 50 CYCLES FLEX/EXT PER DAY **
- ___ Hip PRE'S
- ___ Quadriceps Re-education (E-stim, Biofeedback)
- ___ Active Extension 0-70°
- ___ Passive Flexion 0-90°
- ___ Patellar Mobilization
- ___ Cryotherapy
- ___ Continue w/ Home Exercise Program

WEEKS 6-8

- ___ Progress to FWB w/ Brace set 0°-90° and crutches
- ___ Discontinue crutches when gait is not antalgic
- ___ Ambulation training in Aquatrex
- ___ Progress to full ROM
- ___ Begin Active flexion Isometrics, Isotonics, 0°-90° : CLOSED CHAIN
- ___ Leg Press in 90°- 0° arc
- ___ Multiple angle Quadriceps Isometrics, 90°- 0°
- ___ Calf raises
- ___ Bicycle ergometer

___ LIDO exercises: Isometrics, Active Extension / Passive Flexion, Concentric/ Eccentric
Quadriceps

___ Begin Quadriceps Isotonics 0°-70° (distal pad), Eccentric first

___ KT-1000 test @ 6 weeks

___ Brace change @ 6 weeks

WEEKS 8-12

___ Restore normal gait

___ Begin squat/step program

___ Proximal musculature PRE's

___ Begin Proprioception program

___ Quadriceps Isotonics (knee extension) 0°-90° (distal pad)

___ Begin Retro program

___ LIDO exercises: Isotonics, Quadriceps Eccentrics

___ Nordic track

WEEKS 12-20

___ Restore full ROM

___ Continue Proximal musculature PRE's

___ Quadriceps Isotonics (knee extension) in full arc

___ Begin functional exercise program

___ Progress endurance activities

___ Maintain/ Improve flexibility in lower extremities

___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum,
Quadriceps Eccentrics in 0°-90° arc

___ Stairmaster / Versaclimber

___ KT-1000 test @ 3 months

WEEKS 20-28

___ Full arc PRE's to restore strength, emphasizing quadriceps

___ Agility drills

___ Continue functional exercises

___ Begin running program

___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum

___ Functional test assessment @ 24 weeks

___ KT-1000 test @ 24 weeks

___ Return to limited sporting activities

WEEKS 28-40

___ Restore strength, function, endurance, and agility of lower extremity

___ Isokinetic test at 60°/second, 180°/second, 240°/second

___ Progress running program

___ Functional test assessment @ 24 weeks

___ Return to full activity

**Please send progress notes.

Physician's Signature: _____

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