Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

Knee POL/AOL/MOL/LOL Reconstruction Rehab Protocol

Patient Name:

Date:

Diagnosis: AQ, PQ, LQ, MQ_tears Frequency: 2-3 visits/ week Duration: 4 months

Week 1 -2 (Brace locked in extension, TTWB in brace locked in extension) Ankle pumps every hour Post-op brace to maintain full extension. Advance ROM as tolerated with no limits with brace on