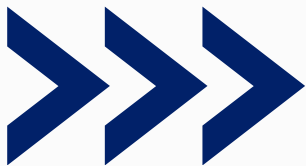


# Post-Op Restrictions Chart

Surgical Repair	Restrictions and Precautions to Consider
<b>Anterior Cruciate Ligament (ACL)</b>	<ul style="list-style-type: none"> <li>• No limitations on ROM or Weight Bearing</li> <li>• No hyperextension through out recovery</li> <li>• No open chain quad exercises for 6 weeks</li> </ul>
<b>Posterior Cruciate Ligament (PCL)</b>	<ul style="list-style-type: none"> <li>• Protect posterior translation of the tibia for 6 weeks               <ul style="list-style-type: none"> <li>○ Perform passive anterior tibial glide with passive knee flexion or prone lying passive knee flexion exercises</li> <li>○ Avoid gravity causing posterior glide (e.g., straight leg raises without a brace)</li> </ul> </li> <li>• Protected hamstring activation:               <ul style="list-style-type: none"> <li>○ No active hamstring activation from 0-8 weeks</li> <li>○ Between 8-16 weeks in the absence of posterior knee pain, the patient can perform active hamstring contractions without external resistance</li> <li>○ After 16 weeks external resistance can be added to hamstring exercises</li> </ul> </li> <li>• No squatting deeper than 70 degrees for 16 weeks</li> </ul>
<b>Posterior Lateral Corner (PLC)</b>	<ul style="list-style-type: none"> <li>• Follow PCL rehab modifications for posterior translation of tibia, hamstring contractions and squats</li> <li>• Avoid hyperextension and varus stress for 6 weeks (minimum)</li> <li>• Side-lying abduction straight leg raises may only be performed with brace locked in extension and no resistance (8 weeks)</li> </ul>
<b>Medial Collateral Ligament (MCL)</b>	<ul style="list-style-type: none"> <li>• Perform ROM exercises with foot internally rotated</li> <li>• Avoid excessive valgus forces on knee joint</li> <li>• Side-lying adduction may only be performed with brace locked in extension and no resistance (8 weeks)</li> <li>• Protect hyperextension if the capsule is involved (minimum 6 weeks)</li> </ul>
<b>Meniscus Root Repair</b>	<ul style="list-style-type: none"> <li>• No weight bearing for 4-6 weeks</li> <li>• No bending the knee beyond 90 degrees for 6 weeks</li> <li>• Follow PCL rehab modifications for hamstring contractions</li> <li>• No squatting below 90 degrees for 6 months</li> </ul>
<b>Meniscus Body Repair</b>	<ul style="list-style-type: none"> <li>• No weight bearing for 4-6 weeks</li> <li>• No bending the knee beyond 90 degrees for 6 weeks</li> </ul>



Progression of rehabilitation exercises should be adjusted in accordance with the tissue that has the slowest time course for healing or highest possibility of failure. This is determined by following the greater restrictions per the function addressed.