Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

Knee PQL/AQL/MQL/LQL Reconstruction Rehab Protocol

Patient Name: Date:

Diagnosis: AQL, PQL, LQL, MQL 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