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Post-Operative PCL Reconstruction Protocol

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PHASE I: Month 0-1
RANGE OF MOTION:

Hinged postoperative brace: locked at 0° until day 3

10-70° by day 7 0-90° by day 21 0-100° by day 28

WEIGHT BEARING:

Patient touchdown weight bearing until day 21

Lock brace in full extension during weightbearing

MODALITIES: Cryotherapy/EMS to quads as indicated

EXERCISES: Passive range of motion

Patellar mobilization

Voluntary quadriceps contraction/straight leg raises with gluteal isometrics Partial weight bearing closed chain exercises in accordance with weight

bearing status

No isolated hamstring exercises for 12 weeks

PHASE II: Month 1-4

RANGE OF MOTION:

Week 4: 0-100° Week 9-12: 0-120° Week 7-8: 0-110° Week 12-16: 0-135°

JOINT TESTING: KT 1000 testing at week 12 and 16 (20 # force at 70° of flexion)

<u>BRACING:</u> Continue with brace, progress to functional brace if previously fitted

WEIGHT BEARING: 75% WB by 6 weeks postop

100% full WB with a normal gait at weeks 8-10.

MODALITIES: Cryotherapy and pain modification as indicated

EXERCISES: Continue muscle control throughout range of motion

Progress to stationary bike within the limits of motion without the use of

hamstrings

Advanced closed chain program in accordance to weight bearing status

Multi-angled quadriceps isometrics

May begin PRE program; hamstrings at week 12, no deep squats past 60°

Gait normalization Continue patellar mobility

Bike and swim at 12 weeks Endurance exercises



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PHASE III: Months 4-6

JOINT TESTING: KT 1000 testing at weeks 20 and 24 (20# force level)

STRENGTH TESTING: 90° to 30° isokinetic testing at 4 months

Test speeds 90°, 180°, 360° per second

Testing continues monthly until torque per body weight goals per

age group are met

EXERCISES: Continue strengthening program as outlined

May begin running forward and backward at month 5

PHASE IV: Months 6 - 10

JOINT TESTING: Continue KT 1000 testing monthly to 12 months

May begin 30# testing at month 6

STRENGTH TESTING: Continue testing monthly until goals met BRACING: Functional brace if previously fit and/or indicated

EXERCISES:

Continue PRE strength program

May begin plyometric program as tolerated

May begin cutting program at month 7, pending KT 1000 status

Begin sports specific functional progression at month 7

Return to sports when: 1) torque to body weight ratio at 90%

2) completion of functional progression

3) 9-12 months post-operatively

Please send progress notes

Physician:	Signature:
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