

## PHYSICAL THERAPY PROTOCOL

### PCL RECONSTRUCTION

#### Weeks 0-4

**Weightbearing:** As tolerated with crutches

**Hinged Knee Brace:** Locked in extension for ambulation and sleeping, removed for PT

**Range of Motion:** PRONE ONLY AAROM/PROM – Goal of 0-90 degrees

**Therapeutic Exercises:** soft tissue mobilization to anterior knee, patellar mobilization, electric stimulation as necessary for quad control, quad sets, leg lifts in standing with brace on for balance and hip strength, straight leg raise with brace locked until quad strength prevents extension lag

#### Weeks 4-6

**Weightbearing:** Wean off crutches

**Hinged Knee Brace:** Locked for ambulation, unlocked when seated, discontinue for sleep

**Range of Motion:** PRONE ONLY AROM/AAROM/PROM – Goal of 0-130 degrees

**Therapeutic Exercises:** soft tissue mobilization, patellar mobilizations, quad and hamstring sets, closed chain exercises, hamstring curls, toe rises, heel slides/ wall slides actively, gait drills, balance drills; hip and core strengthening; begin to use stationary bicycle

**Progression Criteria:** Normal gait on all surfaces, ability to carry out functional movements without pain demonstrating good leg control, single leg stance greater than 15 seconds, full ROM

#### Weeks 6-12

**Hinged Knee Brace:** Discontinue use once full extension with no lag is achieved

**Rehabilitation Goals:** single leg control; good control and no pain with functional movements

**Range of Motion:** Advance gradually to full AROM/PROM

**Therapeutic Exercises:** Advance closed chain (progressing to multi-plane exercises), non-impact balance and proprioceptive drills, hip and core strengthening.

Stairmaster and Elliptical beginning at 12 weeks.

**Progression Criteria:** Single leg stance greater than 30 seconds, ability to carry out multi-plane functional movements without unloading affected leg or pain and demonstrating good control

#### Weeks 12-24 (Months 3-6)

**Rehabilitation Goals:** Good dynamic neuromuscular control and no pain with multiplanar activities; functional sports specific progression

**Therapeutic Exercises:** Sport specific activities on an individual basis

**Straight ahead running at 16 weeks**

Jumping at 16 weeks; Sprinting/cutting/pivoting at 20 weeks

#### Months 6+

Sport specific strength and conditioning

Individual recommendations regarding return to sport based on functional assessment