

Isolated PCL Reconstruction Rehab

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Prevent posterior translation and tibia rotation ● 	<p>Hinged knee brace x 6 weeks</p> <p>TTWB x 4 weeks brace locked in extension</p> <p>WBAT locked in extension with crutches x 2 weeks</p>	<ul style="list-style-type: none"> ● Brace 0-90 x 2 weeks ● CPM x 4 weeks: 0-30 degrees, increase by 5 degrees/day. 3-4 hrs/day ● Weeks 3-6: brace unlocked 0-90 at all times ● Avoid forced flexion ● Perform prone ROM with PT to prevent tibia sag ● Patella mobs <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● AVOID isolated hamstring isometrics for 6 weeks ● Quad recruitment, NMES as needed ● Quad, glute, core strengthening ● Quad sets/SLR in brace locked at 0 (assist as needed to prevent posterior sag) ● SLR in all planes with assist until no lag ● Gastric/soleus stretch ● No resistance bike OK starting week 4 ● Terminal knee extension
<p>Phase 2 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● No effusion ● Restore normal gait ● Maintain full extension ● Progress to full ROM ● Hip, quad, HS, calf strength 	<p>Discontinue brace if able to maintain SLR without lag</p> <p>Full ROM</p> <p>Wean crutches if has not already</p>	<ul style="list-style-type: none"> ● Begin full A/ PROM as tolerated ● Restore full ROM ● Restore normal activities of daily living <p>Modalities:</p> <ul style="list-style-type: none"> ● Hi-volt IFC for edema control/ice 	<ul style="list-style-type: none"> ● Bike for ROM ● May begin elliptical when normal gait ● Closed kinetic chain quad strengthening and progress as tolerated ● Stairmaster, elliptical ● RDL ● Lateral band stepping ● LE stretching: HS, quads, ITB, piriformis (pain free) ● Quad sets/glut sets, clams/mini-hydrants/glut pushes



		<ul style="list-style-type: none"> • Scar STM when incision healed • Patellar mobs all directions • Gentle prone quad stretch/knee flex • Manual assist extension/passive stretch 	<ul style="list-style-type: none"> • Calf raises on leg press <p>Starting Week 8</p> <ul style="list-style-type: none"> • Single leg press • Treadmill walking (forwards and backwards) starting • Unilateral step-ups • Chair/wall squats – keep tibia perpendicular to floor
<p>Phase 3 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Full ROM • Introduce hamstring strengthening 	<p>Maintain ROM and full weightbearing</p> <p>Avoid overstressing graft</p>	<ul style="list-style-type: none"> • Full A/PROM <p>Manual:</p> <ul style="list-style-type: none"> • Joint mobs PRN for full flex and ext ROM • Patellar mobs/ Scar STM with extractor <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • Bike, elliptical, stair master • Step ups/lateral step over's- progress to faster pace • Kettlebell deadlift • Lateral walks with sport cord • SLS dynamic surfaces • Standing leg curls with cuff weights • Advance strengthening as tolerated • Advance hamstring strengthening to prone position week 16
<p>Phase 4 (19-24 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Introduce jumping/jogging 		<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Continue everything in phase 3 • Initiate walk-jog progression to easy pace, add incline if tolerates • Muscular power – squads, split jumps, sled drags • Agility progression: side steps, crossovers

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<p>Phase 5 (6+ months)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Sport-specific training without pain or swelling • Add plyometrics 		<ul style="list-style-type: none"> • Continue Full A/PROM • Modalities PRN 	<ul style="list-style-type: none"> • Initiate plyometric program as appropriate to patient's goals • Figure 8 running patterns/running progression • Ladder/footwork drills • Gym-program activities • Sport-related strengthening Gym-program activities • Sports specific activities with supervision by ATC or PT • Emphasize strength and power development • See physician prior to full release to activities/sports
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