

Physical Therapy Prescription PCL Reconstruction

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) PCL RECONSTRUCTION

1-6 Weeks s/p PCL Reconstruction

- Ambulate TTWB w/ Brace Locked. May increase WB as quad function improves.
- ROM 0-90° ** LIMIT TO 50 CYCLES ACTIVE FLEX/EXT PER DAY ** No limit on passive ROM
- Hip PRE'S - OKC
- Quadriceps Re-education (E-stim, Biofeedback)
- Active Extension 0-70°
- Passive Flexion 0-90° until 4 weeks post op, may progress to full ROM after 4 weeks
- Patellar Mobilization
- Cryotherapy
- Continue w/ Home Exercise Program

6-8 Weeks s/p PCL Reconstruction

- Progress to FWB w/ Brace set 0°-90°
- Discontinue crutches when gait is not antalgic
- Ambulation training
- Progress to and maintain full ROM
- Begin Active flexion Isometrics, Isotonics, 0°-90° : CLOSED CHAIN
- Leg Press in 90°- 0° arc, focus eccentrics
- Multiple angle Quadriceps Isometrics, 90°- 0° - Wall sits
- Calf raises
- Bicycle ergometer
- KT-1000 test @ 6 weeks
- Brace change @ 6 weeks

8-12 Weeks s/p PCL Reconstruction

- Restore normal gait
- Begin squat/step program
- Proximal musculature PRE's
- Begin Proprioception program
- Quadriceps Isotonics (knee extension) 0°-90° (distal pad)
- Begin Retro program
- LIDO exercises: Isotonics, Quadriceps Eccentrics
- Nordic track

Physical Therapy Prescription Multiligament Reconstruction

12-20 Weeks s/p PCL Reconstruction

- Restore full ROM
- Continue Proximal musculature PRE's
- Quadriceps Isotonics (knee extension) in full arc
- Begin functional exercise program
- Progress endurance activities
- Maintain/ Improve flexibility in lower extremities
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum,
Quadriceps Eccentrics in 0°-90° arc
- Stairmaster / Versaclimber
- KT-1000 test @ 3 months

20-28 Weeks s/p PCL Reconstruction

- Full arc PRE's to restore strength, emphasizing quadriceps
- Agility drills
- Continue functional exercises
- Begin running program
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum
- Functional test assessment @ 24 weeks
- KT-1000 test @ 24 weeks
- Return to limited sporting activities

28-40 Weeks s/p PCL Reconstruction

- Restore strength, function, endurance, and agility of lower extremity
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Progress running program
- Functional test assessment @ 24 weeks
- Return to full activity

Frequency & Duration: (circle one) 1-2 2-3 x/week for ____ weeks

**Please send progress notes.