Posterior Cruciate Ligament Reconstruction Physical Therapy Protocol

Patient Name: ___________________________ Date: ______________

Surgery:  Right/Left PCL Reconstruction

Date of Surgery: __________________________

Frequency: 1 2 3 4 times/week  Duration: 1 2 3 4 5 6 Weeks

1-6 Weeks
___ Ambulate TTWB w/ Brace Locked in extension for first 2 weeks
___ Progress to WBAT w/ Brace Locked in extension in third week
___ Progress to FWB w/ Brace set 0°-90° and crutches for weeks 4-6
___ ROM 0-90° ** LIMIT TO 50 CYCLES FLEX/EXT PER DAY **
___ Hip PRE’S
___ Quadriceps Re-education (E-stim, Biofeedback)
___ Active Extension 0-70°
___ Passive Flexion 0-90°
___ Patellar Mobilization
___ Cryotherapy
___ Continue w/ Home Exercise Program
___ Avoid hamstring exercises

6-8 Weeks
___ Discontinue crutches when gait is not antalgic
___ Ambulation training in Aquatrex
___ Progress to full ROM
___ Begin Active flexion Isometrics, Isotonics, 0°-90° : CLOSED CHAIN
___ Leg Press in 90°- 0° arc
___ Multiple angle Quadriceps Isometrics, 90°- 0°
___ Calf raises
___ Bicycle ergometer
___ LIDO exercises: Isometrics, Active Extension / Passive Flexion, Concentric/ Eccentric Quadriceps
___ Begin Quadriceps Isotonics 0°-70° (distal pad), Eccentric first
___ KT-1000 test @ 6 weeks
___ Brace change @ 6 weeks

8-12 Weeks
___ 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
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___ LIDO exercises: Isotonics, Quadriceps Eccentrics
___ Begin stairmaster, elliptical and running straight ahead at 12 weeks

12-20 Weeks
___ Restore full ROM
___ Continue Proximal musculature PRE’s
___ Progress proprioceptive training
___ 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
___ Begin jumping at 16 weeks

20-28 Weeks
___ 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
___ Restore strength, function, endurance, and agility of lower extremity
___ Isokinetic test at 60°/second, 180°/second, 240°/second
___ Progress running program
___ Return to full activity

Comments:
___ Functional Capacity Evaluation   ___ Work Hardening/Work Conditioning   ___ Teach HEP

Modalities
___ Electric Stimulation   ___ Ultrasound   ___ Iontophoresis   ___ Phonophoresis   ___ TENS   ___ Heat before
___ Ice after   ___ Trigger points massage   ___ Therapist’s discretion

Signature__________________________________________ Date__________________