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ADVANCED ORTHOPAEDIC ASSOCIATES

PCL with or without PLC Rehab

Weeks 0-2

Weight Bearing Status

- As tolerated with crutches and brace locked
- If PLC reconstruction TTWB with crutches and brace locked

Brace

- Locked in full extension for sleeping and all activity

ROM

- Locked in extension

Exercises

- Quad sets; SLR x 4 in brace (avoid abduction if PLC)
- Patellar mobs (instruct for HEP)
- E-stim and biofeedback
- No hip or leg abduction at any time if PLC surgery
- No active hamstring exercises until 8 weeks post op

Weeks 2-6

Weight Bearing Status

- As tolerated with crutches and brace locked
- If PLC reconstruction continue TTWB with crutches and brace locked

Brace

- Locked in full extension for ambulation
- May unlock to achieved motion for sedentary positions
- Continue to use for sleep

ROM

- Begin ROM 0-30 degrees.
- Increase 30 degrees per week with goal 90 at end of week 6.
- Passive motion only (no active hamstring firing).

Exercises

- Continue phase I exercises
- SLR x 4 with brace with no resistance when no lag (avoid abduction if PLC); may do without brace after week 4 (avoid abduction if PLC)
- SAQ
- Mini-squats in brace 0-30° (avoid if PLC)

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Weeks 6-12

Weight Bearing Status

- WBAT
- Wean off crutches when normal gait pattern.
- If PLC reconstruction begin 50% and advance to FWB by week 8.

Brace

- Open to ambulate
- Discontinue when adequate quad strength and normal gait per MD instructions
- Discontinue for sleep

ROM

- Progress ROM as tolerated

Exercises

- Continue phase I and II exercises
- Gait training
- Wall sits and mini squats 0-45 if and when FWB (week 8 if PLC)
- Gentle hip abduction with no resistance below knee level
- May begin prone hangs for terminal extension if necessary at 8 weeks
- 8-12 Weeks: stationary bike with light resistance; begin closed chain quads; leg press to 90; balance and proprioceptive exercises; begin active hamstring exercises; advance hip/core; treadmill walking

Weeks 12-24

Weight Bearing Status

- Full

Brace

- Functional bracing dependent on patient activity and MD recommendation

ROM

- Full

Exercises

- Advance closed chain strengthening
- Progress proprioception activities
- Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
- Stairmaster and swimming (flutter kick) okay at 14 weeks
- Jog to run progression at 4 months

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>24 Weeks

Weight Bearing Status

- Full

Brace

- Functional bracing dependent on patient activity and MD recommendation

ROM

- Full

Exercises

- Continue and progress strengthening program based on goals and deficits
- Agility progression when criteria met: side steps, crossovers, figure 8 running, shuttle run, one and two leg jumping, cutting, acceleration deceleration sprints, agility ladders
- Initiate plyometric program as appropriate for patient goals
- Initiate sport specific drills as appropriate
- Gradual return to sports participation
- Maintenance program