ADVANCED ORTHOPAEDIC ASSOCIATES, P.A.

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PHYSICAL THERAPY: PLC RECONSTRUCTION

EARLY POST OP (0-1 WEEKS)

GOALS:
Pain and swelling control

WB STATUS: Non weight bearing
Brace at all times, locked in extension

EXERCISES:
Passive/Active ROM
Straight leg raise
Quadriceps isometrics
Patella mobilizations

PHASE I (1-6 WEEKS)

GOALS:
Healing of PLC
Quadriceps control
Good patella mobility

WB STATUS: Non weight bearing
Brace/crutches at all times

RANGE OF MOTION: 0-30 degrees

EXERCISES:
Patella mobilizations
Active/passive/AAROM
Straight leg raise
Quad isometrics
Hip/CORE/ankle strengthening
Modalities OK
Home exercise program

Phase II (6-12 WEEKS)

GOALS:
ROM to normal
Normal patellar mobility
Restore normal gait
Ascent stairs with good control

WB STATUS: Advance to full weight bearing with crutches
Unlock brace for gait/transition to small brace
D/C crutches when gait normalizes

EXERCISES:
AAROM exercises
Leg press - 0-90 degree arc
Step-up/Step-down
Lunges
Squats
Proprioception/balance program
Hip/CORE program
Straight leg raise
Stair master/elliptical
Modalities OK
Home exercise program

Phase III (12-20 WEEKS)

GOALS:
Descend stairs with good control
Improve flexibility
Running at 6 months

EXERCISES:
Progress squat program
Advance quad/hamstring program
Proprioception training - no jumping
Elliptical
Lower extremity stretching
Modalities
Home exercise program

Phase IV (>20 WEEKS)

GOALS:
Sport specific activity
Return to competitive activities at 10-12 months

EXERCISES:
Continue LE strengthening/flexibility
Forward running (per MD)
Brace for sports (per MD)
Agility exercises - no jumping or running until after 4 months and cleared by MD