



PHYSICAL THERAPY SECTION

PCL RECONSTRUCTION

Revised November 2016

Adapted from William Beaumont Army Medical Center

Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place
– POD 2: Change dressing, keep wound covered, continue TED Hose
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Brace x 3 months – Locked in extension x 8 weeks
Crutches – Partial weight bearing (PWB) in brace
AAROM – 0-45 degrees
Patellar mobilization (teach patient)
Calf pumping
Passive extension to 0 degrees, **no hyperextension**
– **Calf** (not heel) on bolster or prone hangs **with tibia supported**
Electrical stimulation in full extension with quad sets
Quad sets, Co-contractions quads / HS
Straight leg raise (SLR) x 4 on mat in brace (parallel bars if poor quad control)
Ice Pack with knee in full extension after exercise

Goals

AAROM 0-45 degrees
Good quad control

Weeks 2 – 4

Brace x 3 months – Locked in extension x 8 weeks
Crutches – PWB in brace
Continue appropriate previous exercises
AAROM – 0-60 degrees
No Hamstring curls or Stationary bike x 8 weeks
Scar massage when incision healed
SLR x 4 on mat in brace – Add light weight above knee if good quad control
Double leg heel raises in brace (supported in parallel bars)
Weight shifts, Mini squats 0-30 degrees, in brace (supported in parallel bars)
Stretches – AT, hip flexors, ITB
– Hamstring with leg supported in brace

Goals

AAROM 0-45 degrees
No extensor lag

Weeks 4 – 6

Brace x 3 months – Locked in extension x 8 weeks
Crutches – PWB in brace

Continue appropriate previous exercises
AAROM by patient 0-60 degrees
No Hamstring curls or Stationary bike x 8 weeks
Multi-angle Co-contractions quads / HS at 0, 20, 40, 60 degrees
SLR x 4 on mat, out of brace, no weights

Goals

AAROM 0-60 degrees
No effusion

Weeks 6 – 8

Brace x 3 months – Locked in extension x 8 weeks
Crutches – Weight bearing as tolerated (WBAT) in brace
Continue appropriate previous exercises and the following ex without brace
AROM, AAROM 0-90 degrees
No Hamstring curls or Stationary bike x 8 weeks
SLR x 4 on mat with light weight below the knee
SAQ – 0-30 degrees over bolster with light ankle weights
Double leg heel raises
Wall squats 0-45 degrees
Leg press 0-45 degrees with resistance no more than ¼ body weight
Forward, retro and lateral step downs in parallel bars (small step)
Proprioceptive training – Single leg standing in parallel bars
– Double leg BAPS in parallel bars
Elliptical trainer – No resistance

Goal – AAROM 0-90 degrees

Weeks 8 – 12

Brace x 3 months – Open to available range
Crutches – D/C when gait is normal
Continue appropriate previous exercises
AROM, AAROM 0-110 degrees
Forward, retro and lateral step downs – medium step
Single leg heel raises
Leg Press – 0-60 degrees with resistance up to ½ body weight
Hamstring curls – 0-60 degrees, with ankle weights prone or in standing
– Progress to weight machine, 0-60 degrees (up to ¼ body weight)
Hip weight machine x 4 bilaterally
LAQ 0-60 degrees over bolster or side of mat with ankle weights
Proprioceptive training – Single leg BAPS, ball toss and body blade
Stationary bike for ROM – No resistance
Continued on following page
Treadmill – Forwards and backwards walking
Elliptical Trainer with minimal resistance
Pool therapy – Walking / running (no kicking)

Goals

AROM 0-110 degrees
Normal gait

Months 3 – 4

D/C ROM brace
Functional brace per surgeon
Continue appropriate previous exercises with progressive resistance
PROM, AAROM, AROM to regain full motion
Leg press 0-90 degrees with resistance as tolerated
Hamstring curl weight machine 0-90 degrees with low weight and high reps
Knee extension weight machine through full range with resistance as tolerated
Fitter
Slide board
Stationary bike – Progressive resistance and time
Elliptical trainer for progressive resistance and time
Treadmill – Walking progression program
Pool therapy – Swimming laps

Goals

Full ROM
Walk 2 miles at 15 min/mile pace

Months 4 – 6

Biodex at 6 months depending on patient progress and surgeon request
Continue appropriate previous exercises
Agility drills / Plyometrics
Sit-up progression
Treadmill – Running progression program
Quad stretches
Transition to home / gym program

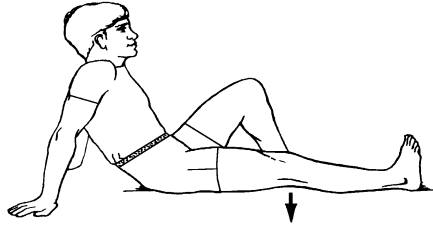
Goal – Run 2 miles at easy pace

***Return to all activities and pass APFT at 9 months post-op
No contact sports until 9 months post-op***

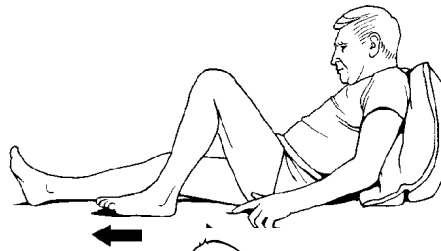
Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics



Heel Slides



Active Assisted Motion

Ice Position 15 minutes 2-3 x per day

