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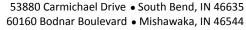
# Posterior Cruciate Ligament (PCL) Reconstruction with Achilles Allograft

#### Phase I (Weeks 0-4)

- **Weightbearing:** As tolerated with crutches (may be modified if concomitant posterolateral corner reconstruction, meniscal repair/meniscal transplant or articular cartilage procedure is performed)
- Hinged Knee Brace:
  - o Locked in full extension for ambulation and sleeping (Weeks 0-1)
  - o Locked in full extension for ambulation removed for therapy sessions (Weeks 1-4)
- Range of Motion
  - **Weeks 0-1:** None,
  - Weeks 1-2: PROM 0-30°,
  - Weeks 2-4: PROM 0-90° (MAINTAIN ANTERIOR PRESSURE ON PROXIMAL TIBIA AS KNEE IS FLEXED FROM WEEK 1-4—NEED TO PREVENT POSTERIOR SAGGING AT ALL TIMES)
- Therapeutic Exercises
  - o Quad/Hamstring sets and ankle pumps
  - o Straight-Leg Raise with brace in full extension until quad strength prevents extension lag
  - o Hip abduction/adduction (RESISTANCE MUST BE PROXIMAL TO THE KNEE)
  - o Hamstring/Calf stretch Calf press with theraband progressing to standing toe raises with knee in full extension

#### Phase II (Weeks 4-12)

- Weightbearing: As tolerated with crutches-- discontinue crutch use at 6-8 weeks post-op
- Hinged Knee Brace:
  - Weeks 4-6: unlocked for gait training/exercise only,
  - Weeks 6-8: unlocked for all activities,
  - Discontinue brace at 8 weeks post-op
- Range of Motion—Maintain full knee extension—work on progressive knee flexion (Goal of 110° by week 6)
- Therapeutic Exercises
  - o Weeks 4-8: Gait training, wall slides (0-30°), Mini-squats (0-30°), Leg press (0-60°)
  - o **Weeks 8-12**: Stationary bicycle (with seat higher than normal), Stairmaster, Closed-chain terminal knee extension, Leg press (0-90°), Balance and proprioception activities



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### Phase III (Weeks 12-9 months)

- Weightbearing: Full weightbearing with normalized gait pattern
- Range of Motion Full/Painless ROM
- Therapeutic Exercises
  - o Advance closed chain strengthening exercises, progress with proprioception/balance activities
  - o Maintain flexibility
  - o Begin treadmill walking progress to jogging

## Phase IV (9 months and beyond)

- o Maintain strength, endurance and function initiate plyometric program
- o Begin cutting exercises and sport-specific drills
- o Return to sports as tolerated