



# **Proximal Corner Reconstruction w/wo PCL**

#### Early Phase (Weeks 0-2)

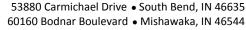
- Weight Bearing and Range of Motion
  - o Touch down with crutches
  - o ROM: A/AAROM 0-90° as tolerated
- Brace Use
  - o Locked in full extension at all times other than PT
- Therapeutic Elements
  - o Modalities as needed.
  - o Patella Mob; SLR's with electric stim.; co-contractions, prone hangs
  - o e-stim; Co-contractions,
  - o No Abduction of hip or leg at any time.
  - No prone hangs if PCL reconstruction!!
- Goals
  - o a/aa/ROM: 0-0-90
  - o Control pain/swelling
  - o Quad control

## Early Phase (Weeks 2-4)

- Weight Bearing and Range of Motion
  - o 50% weight bearing with crutches and brace
- Brace Use
  - o Locked in full extension at all times other than PT
- Therapeutic Elements
  - o Continue above
  - o Scar mobilization
  - o PROM to 90°
- Goals
  - o a/aa/ROM: 0-0-90
  - o Control pain/swelling
  - o Normal patella mobility
  - o SLR x 30 (no weight)

## Recovery Phase (Weeks 4-8)

- Weight Bearing and Range of Motion
  - o WBAT with brace open to AROM
  - o Discontinue crutches when normal gait
- Brace Use
  - o At all times, open to AROM
- Therapeutic Elements
  - o Continue above



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- Gentle hip abduction with no resistance below knee
- o Wall-sits 0-45
- o Mini-squats with support 0-45
- o Carpet drags (not with PCL reconstruction!!)
- o Treadmill walking by 8 weeks
- Goals
  - o a/aa/ROM: 0-0-110 by 6 weeks and free by 8 weeks
  - o SLR x 30
  - o No effusion

## **Strengthening Phase (Weeks 8-12)**

- Weight Bearing and Range of Motion
  - o Full
- Brace Use
  - o None
- Therapeutic Elements
  - o Continue above with increased resistance
  - o Step-downs
  - o Treadmill
  - o Stretching
  - o Begin prone hangs and HSL (if PCL reconstruction)
- Goals
  - o Walk 1-2 miles at 15 min/mile pace

## **Reintegration Phase (Months 3-5)**

- · Weight Bearing and Range of Motion
  - o Full
- Brace Use
  - o None
  - o if return to sport, fitting for custom brace by 5 months
- Therapeutic Elements
  - o Slide boards
  - o Begin agility drills
  - o Figure 8's
  - o Gentle loops
  - o Large zig-zags
  - o Swimming
  - o Begin plyometrics at 4 months
- Goals
  - o Treadmill (walk 1-2 miles at 10-12 min/mile pace)
  - o Return to competitive activities