

## GUIDELINES FOLLOWING PCL RECONSTRUCTION

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| PRE-OPERATIVE                            | <p>KT 1000 Knee Ligament Examination<br/>         Measure for Post-Operative Brace (Bledsoe)<br/>         Crutch ambulation training<br/>         Post-op exercise program</p>  |
| POST-OPERATIVE<br>(1 <sup>ST</sup> Week) | <p>CPM 0 - 60, progress to 70 degrees<br/>         Ambulate TTWB with crutches (brace locked @ 0)<br/>         Review / Instruct home therapeutic exercises<br/>         Quad Sets, SLR, patella mobilization,<br/>         Active extension, passive flexion<br/>         Cryocuff PRN</p>   |
| 1 – 6 Weeks Post-Op                      | <p>Progress ROM 0-90degrees<br/>         Quadriceps re-education (electrical stimulation / biofeedback )<br/>         Quadricep Isometrics @ 70 degrees<br/>         Patella Mobilization<br/>         Hip PRE's<br/>         Cryotherapy</p>   |
| 6 – 8 Weeks Post-Op                      | <p>Progressive weight bearing with brace set 0 - 50 degrees<br/>         Gait training ( d/crutches when gait non-antalgic )<br/>         Progress ROM 0 – 120 degrees<br/>         Leg Press 90 - 20 arc<br/>         S/C ergometer --- Standard ergometer<br/>         Multiple angle Quad Isometrics 70 - 0 degrees<br/>         KT 1000 @ 6 weeks</p> |
| 8 – 12 Weeks Post-Op                     | <p>Functional exercise program emphasizing CKC<br/>         Quadricep isotonic ( 90 - 30 arc ), eccentric first.<br/>         Emphasis on endurance</p>   |
| 12 – 20 Weeks Post-Op                    | <p>Restore full ROM<br/>         Advance functional exercise program<br/>         Quad isotonic (full arc /pain free)<br/>         Improve lower extremity flexibility KT<br/>         1000 @ 3 months</p>  |
| 20 – 28 Weeks Post-Op                    | <p>Begin running program<br/>         Agility exercises<br/>         Progress PRE's emphasizing Quads<br/>         Start Isokinetic exercises<br/>         KT 1000 @ 6 months</p>   |
| 28 – 40 Weeks Post-Op                    | <p>Progress running and agility program<br/>         Plyometrics<br/>         Isokinetic test<br/>         Functional Test Assessment<br/>         Return to full activity</p>  |
| SUMMARY                                  | <p>Protect the graft<br/>         Altered Biomechanics<br/>         QUADS<br/>         Protect the patella<br/>         Functional Progression</p>  |