

POSTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

PHYSICAL THERAPY POSTOP PROTOCOL

****YOU NEED TO HAVE YOUR PHYSICAL THERAPY SCHEDULED TO START WITHIN ONE WEEK OF SURGERY. THIS IS EXTREMELY IMPORTANT.****

Rehabilitation exercises are essential to full recovery from your knee injury and subsequent surgical procedure. Following the guidelines and principles described below will minimize your recovery time and maximize return to full activity.

**** Please keep in mind, these are guidelines only. Other than specifics regarding slingwear and specific limitations, I trust your expertise to provide the best treatment strategy for my patients** if there are any questions don't hesitate to contact myself or my team**

Phase 1 (Week 2)

- Passive terminal extension (40-0°)/active flexion to limits below
- Quadriceps re-education (electrical stim, biofeedback)
- Leg press 90-40° arc→ start with eccentrics
- Hamstring and hip progressive resistance exercises
- Isometrics at 60° flexion/straight leg raises
- Patellar mobilizations
- WBAT with brace locked at 0
- Cryotherapy
- Goals→ 90° flexion by end of week 4; 110° flexion by end of week 6

Phase 2 (Week 6)

- Begin squat/step program
- Begin proprioception program
- Begin quadriceps isotonic with proximal pad in 90°-40° arc
- Continue closed-chain quadriceps strengthening in 90° arc (leg press, wall slides)
- Nordic track if available
- Hip strengthening
- Hamstring (isometric only), adductor, Achilles strengthening

- Hamstring, Achilles tendon stretching
- Patellar mobilization
- Anti-inflammatory modalities
- Closed-chain stationary bike→ minimal resistance up to 20 minutes

Phase 3 (Weeks 12)

- Quadriceps isotonic→ full arc for closed chain, open chain 90°-40° arc
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- Okay to walk on treadmill (forward) and slow retrostep
- Begin running program at 10 weeks
- KT-1000 test
- Continue isolated muscle stretching and strengthening
- Continue bike

Phase 4 (Week 24)

- Full arc progressive resistance exercises→ emphasize quads
- Agility drills
- Advanced functional exercises
- Progress running program→ cutting
- KT-1000 test
- Isokinetic test at 60°/second, 180°/second, 240°/second