

Physical Therapy Protocol PCL Reconstruction

Weeks 0 to 4: Protective Phase

Brace: Braced in full extension

Weight Bearing: Touch down to 40% WB

ROM Goals:

Extension: Full with posterior leg supported at all times to protect from tibial sag

Flexion: 60 degrees

Therapeutic Exercise:

- Ankle ROM
- Quad sets
- SAQ weeks 3-4 (30-0*)
- Three-way leg raises in brace (not flexion)
- Russian stimulation for quad function

****No open chain hamstring strengthening**

- IFC and cryotherapy

Manual Therapy:

- Patella mobilization
- STM incision- once incision is healed; peri-patellar
- Passive knee flexion to 60 degrees with anterior tibial force

Conditioning: UBE

Weeks 5 to 8: Early Strengthening Phase

Brace: Open to 30 degrees weeks 5 and 6; open to 60 degrees weeks 7 and 8.

Weight Bearing: Progress to full WB by week 8

ROM Goals:

Extension: Full

Flexion: 90 degrees week 6, progressing to 110 degrees by week 8

Therapeutic Exercise:

- Gait training at 8 weeks
- Ankle ROM and strengthening
- SAQ/LAQ weeks 5 and 6 (30-0*) weeks 7 and 8 (60-30*)
- Four-way Straight leg raising in brace
- Heel raises with weight

Weeks 5 to 8: Early Strengthening Phase (cont.)

Begin closed chain if good quad control:

Wall sits weeks 7 and 8 (0-45 degrees)

Mini squats weeks 7 and 8 (0-45 degrees)

Step downs weeks 7 and 8 (0-45 degrees)

****No open chain hamstring strengthening**

Proprioception: One leg balance

Core: Abdominal, hip and lumbar exercises

Conditioning: UBE

Manual Therapy:

- Patella mobilization
- Passive knee flexion to 90 degrees **with anterior tibial force
- STM- peri patellar; quad, ITB, hamstring
- Prone quadriceps stretching to 90 degrees
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Weeks 9 to 12: Advanced Strengthening Phase

Brace: Open

Weight Bearing: Full

ROM Goals:

Extension: Full

Flexion: Progress to full

Therapeutic Exercise:

- Quad Sets
- Four-way straight leg raising in brace
- Half squats weeks 10 to 12 (0-90 degrees)
- Step downs weeks 10 to 12
- Slow progression of multi-plane closed chain activities

****No open chain hamstring strengthening**

Proprioception: Wobble and BAPS boards

Core: Abdominal, hip and standing trunk activities

Conditioning: UBE/Bike (minimum resistance)

Manual Therapy:

- Patellar mobilization
- STM
- Passive knee flexion to 125 degrees with anterior tibial force
- Prone quadriceps stretching to 125 degrees

BENJAMIN G. DOMB, MD

WWW.DRDOMB.COM

WWW.AMERICANHIPINSTITUTE.ORG

Weeks 13-25: Functional Training

Brace: Functional brace worn

Therapeutic Exercise:

- Continue quadriceps strengthening
- Movement control exercises beginning low, single-plane to high velocity, multi-plane
- Progression of multi-plane closed chain activities to open chain activities

Conditioning: Elliptical, StairMaster/stepper

Proprioception: Single leg activities, dynamic balance, functional activities

Advanced Core Strengthening: Functional standing trunk activities and core

Week 26: Return to Sport Progression

Brace: Functional brace worn

Therapeutic Exercise:

- Continue quadriceps strengthening
- Initiate straight plane running progressing to multi-directional
- Progress impact controlled exercises to uncontrolled; reactive and plyometric strengthening
- Sport specific activities

Note: *Return to sport based on provider team input and appropriate testing.*

All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.

If you have any further questions, please feel free to contact Dr. Domb's staff at 630-920-2323 or dombassistant@drdomb.com.