

## Physical Therapy Prescription PCL Reconstruction

**Patient Name:**

**Date:**

**Surgery Date:**

**Dx: s/p ( LEFT / RIGHT ) PCL RECONSTRUCTION**

### **1-6 Weeks s/p PCL Reconstruction**

- \_\_\_ Ambulate TTWB w/ Brace Locked. May increase WB as quad function improves.
- \_\_\_ ROM 0-90° \*\* LIMIT TO 50 CYCLES ACTIVE FLEX/EXT PER DAY \*\* No limit on passive ROM
- \_\_\_ Hip PRE'S - OKC
- \_\_\_ Quadriceps Re-education (E-stim, Biofeedback)
- \_\_\_ Active Extension 0-70°
- \_\_\_ Passive Flexion 0-90° until 4 weeks post op, may progress to full ROM after 4 weeks
- \_\_\_ Patellar Mobilization
- \_\_\_ Cryotherapy
- \_\_\_ Continue w/ Home Exercise Program

### **6-8 Weeks s/p PCL Reconstruction**

- \_\_\_ Progress to FWB w/ Brace set 0°-90°
- \_\_\_ Discontinue crutches when gait is not antalgic
- \_\_\_ Ambulation training
- \_\_\_ Progress to and maintain full ROM
- \_\_\_ Begin Active flexion Isometrics, Isotonics, 0°-90° : CLOSED CHAIN
- \_\_\_ Leg Press in 90°- 0° arc, focus eccentrics
- \_\_\_ Multiple angle Quadriceps Isometrics, 90°- 0° - Wall sits
- \_\_\_ Calf raises
- \_\_\_ Bicycle ergometer
- \_\_\_ KT-1000 test @ 6 weeks
- \_\_\_ Brace change @ 6 weeks

### **8-12 Weeks s/p PCL Reconstruction**

- \_\_\_ Restore normal gait
- \_\_\_ Begin squat/step program
- \_\_\_ Proximal musculature PRE's
- \_\_\_ Begin Proprioception program
- \_\_\_ Quadriceps Isotonics (knee extension) 0°-90° (distal pad)
- \_\_\_ Begin Retro program
- \_\_\_ LIDO exercises: Isotonics, Quadriceps Eccentrics
- \_\_\_ Nordic track

## Physical Therapy Prescription Multiligament Reconstruction

### 12-20 Weeks s/p PCL Reconstruction

- Restore full ROM
- Continue Proximal musculature PRE's
- Quadriceps Isotonics (knee extension) in full arc
- Begin functional exercise program
- Progress endurance activities
- Maintain/ Improve flexibility in lower extremities
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum,  
Quadriceps Eccentrics in 0°-90° arc
- Stairmaster / Versaclimber
- KT-1000 test @ 3 months

### 20-28 Weeks s/p PCL Reconstruction

- Full arc PRE's to restore strength, emphasizing quadriceps
- Agility drills
- Continue functional exercises
- Begin running program
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum
- Functional test assessment @ 24 weeks
- KT-1000 test @ 24 weeks
- Return to limited sporting activities

### 28-40 Weeks s/p PCL Reconstruction

- Restore strength, function, endurance, and agility of lower extremity
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Progress running program
- Functional test assessment @ 24 weeks
- Return to full activity

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**