



PCL Reconstruction Protocol

Dr. Adam V. Metzler

Sports Medicine and Trauma Orthopaedic Surgery

If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler at: ametzler@orthonky.com

0-4 Weeks

Goals/Precautions:

- Reduce: Swelling and Pain
- Regain: Full Extension, Quad Activation, Proprioception and Core Stability
- Progress to Partial Weight Bearing to Full Weight Bearing
- Knee Brace Remains Locked in full Extension
- Passive ROM 0°-90°

Therapeutic Elements:

- Modalities as Needed
- Quad/Hamstring Sets
- Patella Mobs
- SLR (brace locked until have quad control)
- Heel Slides Progress to Stationary Bike
- Prone Leg Hangs
- Proprioception
- Core Stabilization

Exercise Bank:

<u>ROM</u>	<u>Strength</u>	<u>Proprioception</u>
-towel stretch	-4 way hip	-SL balance
-ankle pumps	-core	-gait training
-passive stretch	stability	
	-heel raises	
	-prone TKE	
	-prone/on side leg circles	

4-8 Weeks

Goals/Precautions:

- Reduce any Scar Irritation
- Regain full ROM
- Increase Strength
- Enhance Proprioception and Neuromuscular Control
- Full Weight Bearing
- Closed Chained Exercises not to be performed beyond 45° of knee Flex
- Can Shorten/Unlock Knee Brace @ 4 weeks as Determined by Physician

Therapeutic Elements:

- Progressive Step Ups
- Single Leg Balance w/ Opposite Leg Reach
- Hamstring Curls
- Stationary Bike, Elliptical, and Stair Stepper

Exercise Bank:

<u>ROM</u>	<u>Strength</u>	<u>Proprioception</u>
-calf stretch	-SLR w/ wgt	-wobble board
-hamstring stretch	-mini squats	-BAPS
	-stool crawls	-1/2 foam roller
	-hip bridging	
	-resisted walking	
	-1/4 lunges	
	-heel raises	

- Retrograde Treadmill Walking
- Progress w/ Core Stabilization

PCL Reconstruction Protocol

Dr Adam Metzler, Sports Medicine

Commonwealth Orthopaedic Centers

8-12 Weeks

Goals/Precautions

- Increase Strength and Endurance
- Enhance Proprioception and Neuromuscular Control
- Initiate more Functional Activities
- Restore Confidence
- Be Sensitive to any Development Of Patellofemoral Pain
- Progress to 90° with Closed Chained Exercises

Therapeutic Elements:

- Increase More Biofeedback and Cueing Exercises in Regards to Knee Positioning
- Advance Closed Chain and Proprioception Exercises
- Progress with Jump Landing Exercises (give appropriate cues on knee positioning)

Exercise Bank:

<u>ROM</u>	<u>Strength</u>	<u>Proprioception</u>
-develop stretching routine	-plyometric training	-star drills
	-fast form walking	-lateral hops
	-isokinetic testing	-sliding board
	-progress from previous Bank	-ladder drills
		-tramp drills

12-24 Weeks

Goals/Precautions

- Maintain Strength and Endurance and Progress to Maximum Strength and Endurance
- Progress Skill Training
- Start Jogging and Progress to Running at 5-6 Months
- Progress Functional/Agility Exercises at 6-7 Months
- Return to Sport around 9 months and scores at least 90% on Functional Testing Compared to Contralateral Side

Therapeutic Elements:

- Jog/Run Program
- Plyometrics
- Functional Activities
- Functional Testing (see attached)
- Incorporate and Educate on Functional Stretching Routine
- Continue and Progress Strengthening

Exercise Bank:

Functional Exercises

- | | |
|--|----------------------|
| -lateral movements | -SL vertical jump |
| -carioca | -SL hop for distance |
| -figure 8's | -SL cross over hop |
| -180 hops | -SL triple jump |
| -bounding | -Bank work outs |
| -progress ladder drills | -squat jumps |
| -any sports/position specific activities | |