



PCL Reconstruction Protocol

Dr. Lock, Dr. Kolowich, Dr. Rill, Dr. Moutzouros

- * AVOID: Active knee flexion through POW #6
- * Avoid OKC knee extension from full flexion
- * Passive knee flexion MUST be done with anterior drawer through POW #6

Post-op Days 0-10

ROM: Immobilized in full extension to minimize PCL strain, **limit flexion**

Patellar mobs (inferior for flexion, superior for extension)

Effusion: Ice, NSAIDs, ES, elevation

Gait/WB: PWB with brace locked in extension x 7-10 days

Progress to FWB with brace locked in extension at 7-10 days

Exercise: Quad sets, SLR

Post-op Day 10 - Post-op Week 6:

ROM: Unlock brace for passive flexion to 90 degrees max

Patellar mobs

Effusion: As above

Gait/WB: Progress to WBAT to FWB with brace locked in extension

(if isolated PCL, no meniscal repair)

May D/C crutches when patients pain, effusion is controlled

Begin SLB activities with brace locked in extension

At 4 weeks unlock brace for controlled gait training if good quad control

Exercise: OKC extension from 60 to 0 degrees as tolerated by PF joint (concentric to eccentric)

Hip PRE's (hip extension OK with knee locked in extension)

Quad sets + / - e-stim as needed for muscle activation

Post-op Weeks 6 - 8:

ROM: Patellar mobs, stretching as need after 6 weeks to restore full knee flexion

Effusion: As above

Gait/WB: D/C brace when:

Good quad control

No or minimal swelling

Full knee extension without extensor lag and 90-100 degrees of flexion

Normal gait (no "bent" knee)

Exercise/Functional Training:

Progressive SLB activities: functional and sport specific tasks

CKC exercises

Hip extension with knee in full extension

Step machine

Cycling without toe clips

AVOID resisted OKC knee flexion

Post-op Weeks 8-24:

ROM: Full extension, may lose 10 degrees flexion

Effusion: None

Gait: No deviations

Exercises/Functional Training:

- Balance and perturbation training
- Plyometric exercises
- Agility training

Running:

- Criteria for walking met
- Quad strength at least 75% contralateral side
- Usually 6 months post-op

Agility and Sport Specific Drills:

- Running without symptoms
- Quad index at least 85%
- Begin at half effort and progress to full effort as tolerated
- Occurs 7-9 months post-op

Return to Sport:

- Tolerating full effort agility and sport specific drills
- Quad index 85-90%
- Begin with return to practice, followed by limited competition, with eventual
Return to full activity
- Usually occurs 9-12 months post-op

Rehab Modifications

Combined ACL/PCL Reconstructions:

- Follow established guidelines for PCL reconstruction
- Restrict OKC knee extension from 75 to 60 degrees
- Utilize CKC exercises to improve quads and hams function

Rehab Modifications (cont.)

PLC/LCL:

- Injury to PLC results in posterolateral laxity
- Injury to LCL results in varus laxity:
 - Minimize varus stress
 - Post-op brace for 6 weeks
 - TTWB for 6 weeks, progress to WBAT after 6 weeks
 - D/C crutches after 8 weeks if goals met
- ROM 0 to 90 degrees: Avoid hyperextension of knee
- Perform flexion passively to avoid undue stress imposed by active contraction of Hamstrings
- Begin quad sets and SLR during POW #1
- Progress OKC extension exercises as tolerated by PF joint (limit to 60 degrees if PCL I concomitantly reconstructed)
- CKC exercises as tolerated once FWB
- AVOID: OKC flexion
 - Hip abduction with resistance distal to knee