



Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction
Arthroscopic Shoulder, Hip, and Knee Surgery

www.travisburnsmd.com

<https://ortho-sa.com/>

(210) 705-5060



PCL RECONSTRUCTION

General Guidelines

- Crutches for 6 weeks, non weight bearing for 6 weeks
- Brace for 2 weeks, transition to PCL brace for 12 weeks

Post-op Days 1 – 14

Goals: Full passive extension

- POD 2: Change dressing, keep wound covered, continue TED Hose
- POD 10-14: Sutures out, D/C TED Hose when effusion resolved
- Brace – Locked in extension for 2 weeks
- Return to sports after 6-9 months
- Crutches - NWB

Therapy:

Brace in extension for 2 weeks

Crutches – NWB in brace

Prone passive flexion 0-45 with therapist only

Patellar mobilization (teach patient)

Calf pumping

Passive extension to 0 degrees, **no hyperextension**

– **Calf** (not heel) on bolster or prone hangs **with tibia supported**

Electrical stimulation in full extension with quad sets Quad sets, Co-contractions quads / HS

Straight leg raise (SLR) x 4 on mat in brace (parallel bars if poor quad control)

Ice Pack with knee in full extension after exercise

Weeks 2 – 4

Goals: No effusion, no extensor lag, ROM 0-90 in PCL brace

Therapy:

PCL Brace x 3 months

Crutches – NWB in brace

Continue appropriate previous exercises

AAROM – 0-90 degrees

No Hamstring curls or Stationary bike x 8 weeks

Scar massage when incision healed

SLR x 4 on mat in brace – Add light weight above knee if good quad control Double leg heel raises in brace (supported in parallel bars)

Weight shifts, Mini squats 0-30 degrees, in brace (supported in parallel bars) Stretches – AT, hip flexors, ITB
– Hamstring with leg supported in brace

Weeks 4 – 6

Goals: ROM 0-90 degrees

Therapy:

Crutches – NWB in brace
Continue appropriate previous exercises
AAROM by patient 0-90 degrees in PCL brace
Passive motion prone

No Hamstring curls or Stationary bike x 8 weeks

Multi-angle Co-contractions quads / HS at 0, 20

Weeks 6 – 8

Goal: Wean off of crutches, progress to full range of motion

Therapy:

Brace x 3 months open to full motion
Crutches – D/C when gait is normal
Continue appropriate previous exercises
No Hamstring curls or Stationary bike x 8 weeks
SLR x 4 on mat with light weight below the knee
SAQ – 0-30 degrees over bolster with light ankle weights Double leg heel raises
Wall squats 0-45 degrees
Leg press 0-45 degrees with resistance no more than 1/4 body weight Forward, retro and lateral step downs in parallel bars (small step) Proprioceptive training – Single leg standing in parallel bars
– Double leg BAPS in parallel bars
Elliptical trainer – No resistance

Weeks 8 – 12

Goal: Full ROM, normal gait

Therapy:

Brace x 3 months – Open to available range
Continue appropriate previous exercises
Forward, retro and lateral step downs – medium step
Single leg heel raises
Leg Press – 0-60 degrees with resistance up to 1/2 body weight
Hamstring curls – 0-60 degrees, with ankle weights prone or in standing
– Progress to weight machine, 0-60 degrees (up to 1/4 body weight)
Hip weight machine x 4 bilaterally
LAQ 0-60 degrees over bolster or side of mat with ankle weights
Proprioceptive training – Single leg BAPS, ball toss and body blade
Stationary bike for ROM – No resistance
Treadmill – Forwards and backwards walking
Elliptical Trainer with minimal resistance
Pool therapy – Walking / running (no kicking)

Months 3 – 4

Goals: Walk 2 miles at 15 min/mile pace

Therapy:

D/C ROM brace

Functional brace per surgeon

Continue appropriate previous exercises with progressive resistance PROM, AAROM, AROM to regain full motion

Leg press 0-90 degrees with resistance as tolerated

Hamstring curl weight machine 0-90 degrees with low weight and high reps

Knee extension weight machine through full range with resistance as tolerated Fitter

Slide board

Stationary bike – Progressive resistance and time

Elliptical trainer for progressive resistance and time

Treadmill – Walking progression program

Pool therapy – Swimming laps

Months 4 - 6

Goals: Jog 2 miles at easy pace, return to sports after 6 to 9 months with equal quadricep strength

Therapy:

Continue appropriate previous exercises

Agility drills / Plyometrics

Sit-up progression

Treadmill – Running progression program

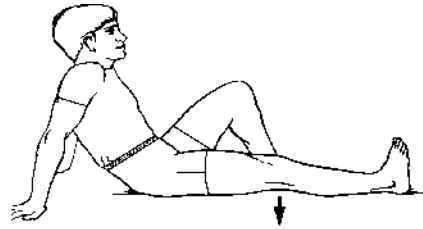
Quad stretches

Transition to home / gym program

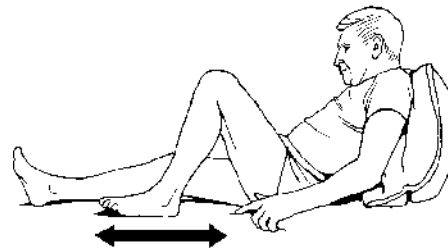
Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

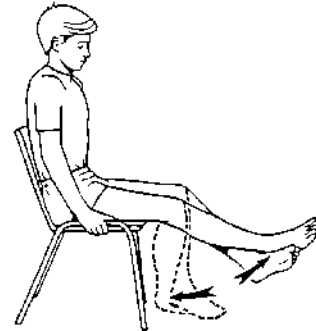
Quad Isometrics



Heel Slides



Active Assisted Motion



**Ice Position 15 minutes 2-3 x
per day**

