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PCL RECONSTRUCTION

POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 14

- Dressing:
 - POD 1: Debulk dressing, TED Hose in place
 - POD 2: Change dressing, keep wound covered, continue TED Hose
 - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 3 months – Locked in extension x 8 weeks
- Crutches – Partial weight bearing (PWB) in brace
- AAROM – 0-45 degrees
- 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

GOALS

- AAROM 0-45 degrees
- Good quad control

Weeks 2 - 4

- Brace x 3 months – Locked in extension x 8 weeks
- Crutches – PWB in brace
- Continue appropriate previous exercises
- AAROM – 0-60 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

GOALS

- AAROM 0-45 degrees
- No extensor lag

WEEKS 4 - 6

- Brace x 3 months – Locked in extension x 8 weeks
- Crutches – PWB in brace
- Continue appropriate previous exercises

- AAROM by patient 0-60 degrees
- **No Hamstring curls or Stationary bike x 8 weeks**
- Multi-angle Co-contractions quads / HS at 0, 20, 40, 60 degrees
- SLR x 4 on mat, out of brace, no weights

GOALS

- AAROM 0-60 degrees
- No effusion

WEEKS 6 - 8

- Brace x 3 months – Locked in extension x 8 weeks
- Crutches – Weight bearing as tolerated (WBAT) in brace
- Continue appropriate previous exercises and the following ex without brace
- AROM, AAROM 0-90 degrees
- **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 ¼ 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

GOAL

- AAROM 0-90 degrees

WEEKS 8 - 12

- Brace x 3 months – Open to available range
- Crutches – D/C when gait is normal
- Continue appropriate previous exercises
- AROM, AAROM 0-110 degrees
- Forward, retro and lateral step downs – medium step
- Single leg heel raises
- Leg Press – 0-60 degrees with resistance up to ½ body weight
- Hamstring curls – 0-60 degrees, with ankle weights prone or in standing
- Progress to weight machine, 0-60 degrees (up to ¼ 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)

GOALS

- AROM 0-110 degrees
- Normal Gait

MONTHS 3 - 4

- 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

GOALS

- Full ROM
- Walk 2 miles at 15 min/mile pace

MONTHS 4 - 6

- Biodex at 6 months depending on patient progress and surgeon request
- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Sit-up progression
- Treadmill – Running progression program
- Quad stretches
- Transition to home / gym program

GOALS

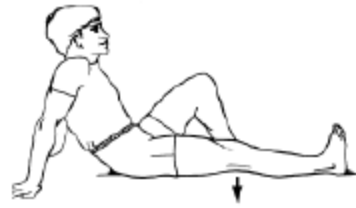
- Run 2 miles at easy pace
- Return to all activities

****NO CONTACT SPORTS UNTIL 9 MONTHS POST-OP****

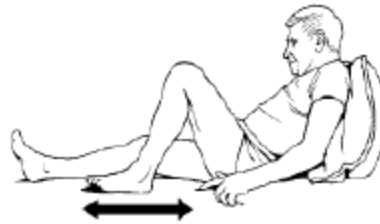
KNEE POST-OP PHASE I

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



ADAPTED FROM:
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