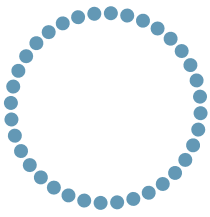


REHABILITATION PROTOCOL: POSTERIOR CRUCIATE LIGAMENT (PCL) RECONSTRUCTION WITH ACHILLES ALLOGRAFT

<hr/> Name	Phase I (Weeks 0-4)
<hr/> Date	<ul style="list-style-type: none">• Weightbearing: As tolerated with crutches (may be modified if concomitant posterolateral corner reconstruction, meniscal repair/meniscal transplant or articular cartilage procedure is performed)• Hinged Knee Brace:<ul style="list-style-type: none">o Locked in full extension for ambulation and sleeping (Weeks 0-1)o Locked in full extension for ambulation – removed for therapy sessions (Weeks 1-4)• Range of Motion – Weeks 0-1: None, Weeks 1-2: PROM 0-30°, Weeks 2-4: PROM 0-90° (MAINTAIN ANTERIOR PRESSURE ON PROXIMAL TIBIA AS KNEE IS FLEXED FROM WEEK 1-4—NEED TO PREVENT POSTERIOR SAGGING AT ALL TIMES)• Therapeutic Exercises<ul style="list-style-type: none">o Quad/Hamstring sets and ankle pumpso Straight-Leg Raise with brace in full extension until quad strength prevents extension lago Hip abduction/adduction (RESISTANCE MUST BE PROXIMAL TO THE KNEE)o Hamstring/Calf stretch – Calf press with theraband progressing to standing toe raises with knee in full extension
<hr/> Diagnosis	
<hr/> Date of Surgery	
	Phase II (Weeks 4-12) <ul style="list-style-type: none">• Weightbearing: As tolerated with crutches-- discontinue crutch use at 6-8 weeks post-op• Hinged Knee Brace: Weeks 4-6: unlocked for gait training/exercise only, Weeks 6-8: unlocked for all activities, Discontinue brace at 8 weeks post-op• Range of Motion—Maintain full knee extension—work on progressive knee flexion (Goal of 110° by week 6)• Therapeutic Exercises<ul style="list-style-type: none">o Weeks 4-8: Gait training, wall slides (0-30°), Mini-squats (0-30°), Leg press (0-60°)o Weeks 8-12: Stationary bicycle (with seat higher than normal), Stairmaster, Closed-chain terminal knee extension, Leg press (0-90°), Balance and proprioception activities
	Phase III (Weeks 12-9 months) <ul style="list-style-type: none">• Weightbearing: Full weightbearing with normalized gait pattern• Range of Motion – Full/Painless ROM• Therapeutic Exercises



- o Advance closed chain strengthening exercises, progress with proprioception/balance activities
- o Maintain flexibility
- o **Begin treadmill walking – progress to jogging**

Phase IV (9 months and beyond)

- o Maintain strength, endurance and function – initiate plyometric program
- o Begin cutting exercises and sport-specific drills
- o **Return to sports as tolerated**

Comments: AVOID ACTIVE HAMSTRING ACTIVITY AND ACTIVE KNEE EXTENSION FROM 90-70° UNTIL POST-OP WEEK 4

Frequency: _____ **times per week** **Duration:** _____ **weeks**

Signature: _____ **Date:** _____