

## PCL PROTOCOL

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	0-6 Weeks	6 weeks-6 months	6-12 months
Postoperative Bracing	Locked in full extension 4 weeks. May be unlocked several times per day for ROM up to 60 degrees		
	After 4 weeks, brace unlocked up to 40° for ambulation.		
	After 6 Weeks, unlocked up to 60°		
	Discontinue after 8 weeks		
Weight-Bearing	WBAT with crutches with Brace locked at zero for 4 weeks.		
	At 4 weeks brace can be unlocked for ambulation. Can discontinue crutches at 4 weeks as appropriate.		
ROM	Passive and active extension exercise: full extension symmetric to non-involved knee within 1 week		
	Begin passive flexion, limit to 60° until 4 weeks post op	Limit passive flexion to 90° until 6 weeks post op.	
	Patellar mobility as needed	Push to full extension as tolerated after 6 weeks.	
	AVOID ACTIVE HAMSTRING CONTRACTIONS. FOR 3 MONTHS		

Muscle Performance	Begin quad sets and SLR immediately after surgery.	Progress resistance with SAQ in available ROM	Progress resisted open chain exercises as tolerated
	E-stim to help initiate quad contraction if needed.	Progress CKC exercise as tolerated. May include wall slides, unilateral step ups, leg presses and squats	
	SAQ within 0 to 60° ROM limits for 4 weeks. At 6 weeks within available ROM	Begin open chain hip extension with knee extended to enhance hamstring strength.	
	No open chain knee flexion exercise.		
	Begin partial squats with equal body weight at 2-week post op.	Start active hamstring exercises at 12 weeks	
Neuromuscular Control	Begin weight shifting exercises to involved leg.	Progress unilateral standing balance to unstable surfaces	
	Progress to standing unilateral balance on stable surface as tolerated	Add perturbations once able to maintain balance on unstable surface	
		Incorporate sport-specific activities as tolerated after 4 months	
Functional Progression for Return to Sport		Resume normal walking as appropriate.	Begin running when patient achieves at least 75% quad strength
		Begin low impact aerobic activities as tolerated (walking, step machines, cycling)	Begin agility drills to full effort as tolerated
			Sport specific tasks as tolerated
			Begin gradual return to sport once patient

			can tolerate full effort sport specific agility drills and at least 85% quad strength.
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