

PCL Protocol

01/01/2009

	0-6 weeks	6 weeks-6 months	6-12 months
Postoperative Bracing	<p>Locked in full extension 4 weeks. May be unlocked several times per day for ROM up to 60 degrees.</p> <p>After 4 weeks, brace unlocked up to 40 degrees for ambulation.</p> <p>After 6 weeks, unlocked up to 60 degrees.</p> <p>Discontinue after 8 weeks.</p>		
Weight-bearing	<p>WBAT with crutches with brace locked at zero for 4 weeks.</p> <p>At 4 weeks brace can be unlocked for ambulation. Can D/C crutches at 6 weeks as appropriate.</p>		
ROM	<p>Passive and active extension exercise: full extension symmetric to non-involved knee within 1 week.</p> <p>Begin passive flexion, Limit to 60 degrees</p>	<p>Limit passive flexion to 90 degrees until 6</p>	

	Until 4 weeks postop.	weeks postop.	
	Patellar mobs as needed.	Push to full extension As tolerated after 6 weeks.	
	Avoid active Hamstring contraction.		
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 degree ROM limits for 4 weeks. At 6 weeks 0 to 90. After 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 1 week postop.		
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.	

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.