

Robert Kollmorgen DO

PCL RECONSTRUCTION

Revised August 2017

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 – Non-weight bearing (NWB) 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

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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

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Treadmill – Forwards and backwards walking

Elliptical Trainer with minimal resistance

Pool therapy – Walking / running (no kicking)

Goals

AROM 0-110 degrees

Normal gait

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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

Goal – Run 2 miles at easy pace

Return to all activities at 9-12 months post-op

No contact sports until 9 months post-op



Division of Orthopaedics

Hip Preservation Surgery • Pelvis and Hip Reconstruction • Orthopaedic Sports Medicine

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