

Dr. Craig Chike Akoh, M.D.

PCL/Multi-Ligament Reconstruction Rehabilitation Guideline (with Meniscal Precautions)

	Weight Bearing	Brace	ROM	Exercises
<i>Phase 1 0-6 Weeks</i>	NWB with crutches	0-2 weeks : Post-operative brace At two weeks patient will transition into PCL Rebound brace to be worn at all times (including sleep and therapy)	0-2 weeks: Prone PROM 0-90 At two weeks ROM progressed as tolerated in brace in prone position only	Patellar mobs Quad activation exercises SLR once no quad lag is demonstrated Hip/core/UE strengthening Gastroc stretching No hamstring stretching No weight bearing with flexion >90°
<i>Phase 2 6-12 Weeks</i>	Progress to WBAT Work on gait training as crutch weaning occurs	PCL Rebound brace at all times including sleep and therapy sessions	Full ROM prone and supine after 6 weeks Precaution: Do not be overly aggressive with flexion (puts stress on graft) Precautions - No open chain hamstring	Continued quad activation and SLR exercises No weight bearing with flexion >90° till week 8 Double leg strengthening exercises (no greater than 70 knee flexion Single leg static strength exercises Hamstring bridges on ball

			<p>strengthening or isolated hamstring exercises</p> <p>No hamstring stretching</p> <p>Cautious on bike</p> <p>Follow ROM guidelines</p> <p>no forced hyperflexion</p>	<p>Squat progression</p> <p>May begin pool walking/therapy (light kicking)</p> <p>Stationary bike no resistance (when ROM is 115 or more)</p> <p>*emphasis: muscular endurance (3 sets 20 reps)</p> <p>*Precautions: Avoid hyperextension and isolated hamstring activation</p>
<p><i>Phase 3</i> <i>13-18</i> <i>Weeks</i></p>	<p>Full in PCL Rebound brace</p> <p>Continue to address gait mechanics</p>	<p>PCL Rebound brace at all times including sleeping and therapy</p>	<p>Full</p> <p>Precautions</p> <ul style="list-style-type: none"> - no forced hyperflexion - no isolated hamstring stretching 	<p>Continue exercise progressions from phase 2.</p> <p>Double leg press (0-70) progress to single leg press</p> <p>Balance squats</p> <p>Continue squat progression</p> <p>Single leg bridges starting at wk 16</p> <p>Proprioceptive/balance exercises</p> <p>Progress stationary bike resistance and duration</p> <p>Progressive WB strength, including progressive hamstring strengthening</p>

				(no isolated hamstring strengthening until 16 weeks)
<i>Phase 4 19-24 Weeks</i>	Full	PCL Rebound brace at all times including sleeping and therapy	Full	<p>Continue to progress OKC and CKC strength and endurance</p> <p>Continue to build strength and single leg endurance with increasing emphasis on power</p> <p>May begin sport specific type drills towards end of phase close to 24wks.</p>

<p><i>Phase 5</i> <i>25-36</i> <i>Weeks</i></p>	<p>Full</p>	<p>May begin to wean from PCL Rebound brace once cleared to do so by MD</p>	<p>Full</p>	<p>Initiate absorption activities</p> <p>Continue with strengthening</p> <p>Straight line jogging progression WK 1: 4 min walk; 1 min jog for 15-20 mins</p> <p>WK 2: 3 min walk; 2 min jog, for 20 mins</p> <p>WK 3: 2 min walk; 3 min jog for 20 mins</p> <p>WK 4: 1 min walk; 4 min jog for 20 min</p> <p>Once running progression is complete continue single plane agility with progression to multi-planar sport specific drills</p>
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Return to sport after being cleared by MD after obtaining a functional RTS Sport Test.

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.