Geoffrey. D Abrams, MD                                    www.geoffabramsmd.com

450 Broadway St. MC 6120                                        Ph: 650-723-5643
Redwood City, CA 94063                                         Fax: 650-723-3429

# POSTERIOR CRUCIATE LIGAMENT RECONSTRUCTION PROTOCOL

**Name:** _____

**Diagnosis:** _____

**Date of Surgery:** _____

Frequency:   1   2   3   4   times / week      Duration:  1  2  3  4  5  6 Weeks

_____Day 0-7 (PT 1x/wk):

- Brace locked in full extension at all times (sleeping, etc)
- Non-weight bearing on leg
- Begin quad sets, SLRs, hip Ab/Adduction, ankle pumps (in brace)

_____Weeks 1-6 (PT 1x/wk):

- Non weight bearing with brace locked in full extension while ambulating
- Pillow behind proximal tibia at rest to prevent posterior tibial sag when out of brace (at rest)
- Supine PROM 0-60 degrees in brace by Physical Therapist – maintain anterior force on proximal tibia to prevent posterior tibial sag
    - Advance to supine PROM 0-90 degrees weeks 5-6
- Hamstring/calf stretching, standing hip extension exercises
- Calf press with TheraBand progressing to bilateral standing calf raises with full knee extension, progress to single leg calf raise

_____Weeks 7-10 (PT 2-3x/wk):
- Progress to AAROM/AROM/WBAT over 2-4 weeks with brace 0-90 then unlocked
    - No isolated resisted/weighted hamstring activation
- Wall slides 0-45 degrees – begin isometric then progress to active against body weight only
- Standing hip extension/flexion/abduction/adduction with resistance (resistance must be proximal to knee)

_____Weeks 11-12 (PT 2-3x/wk):
- D/c crutches/brace when no quad lag with SLR, gait pattern normalized
- Stationary bike with seat higher than normal to minimization of hamstring activity
- Closed chain terminal knee extension initially with TheraBand then progress to weights
- Balance/proprioception – single leg stance exercises
- Leg press 0-90 degrees

_____Months 3-6 (PT 2x/month):
- Advance closed chain exercise program
- Treadmill walking
- Progress proprioception and balance activities

_____Months 6+
- Begin slow progression towards sports specific training exercises (jogging, etc.)
- Maintain strength, endurance, and flexibility

Signature _____       Date: _____