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PCL Protocol Post-Operative Rehabilitation Guidelines

0-1 Week:

Keep elevated for the following 72 hours, placed in compression dressing with cooling device and hinged knee brace for first 4 weeks.

EXERCISES: Active quadriceps knee motion exercises from 90° to 0°, patellar mobilization, electrical muscle stimulation, cryotherapy, flexibility, isometrics, and supine leg raises. Conditioning exercises.

1-3 Weeks:

EXERCISE: Once partial weight-bearing is allowed, closed kinetic chain exercises are begun and include low flexion angle wall-sitting and mini-squatting. Initiate balance and proprioceptive training. Knee extension in the 90° to 0° range.

3-6 Weeks:

EXERCISES: Upper extremity ergometer and progress to stationary bicycling, leg press exercises in the 50° to 0° range and hip adduction exercises. Full extension in 4 weeks.

6-12 Weeks:

EXERCISE: Aquatic program begins at the twelfth week.

12-16 Weeks:

EXERCISE: Knee flexion hamstring curls.

6 Months:

Running and sports-specific training are delayed for at least 6 months and are initiated when the patient demonstrated 70% of the quadriceps and hamstring's strength on isokinetic testing.

Knee flexion is limited by an adjustable hinge brace and gradually progressed to 110° by 4 weeks, 120° by 6 weeks, and 135° by eight weeks.