



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



PCL RECONSTRUCTION

Revised August 2008

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 – Partial weight bearing (PWB) 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

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
Continued on following page
Treadmill – Forwards and backwards walking
Elliptical Trainer with minimal resistance
Pool therapy – Walking / running (no kicking)

Goals

AROM 0-110 degrees
Normal gait

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 and pass APFT at 9 months post-op
No contact sports until 9 months post-op***

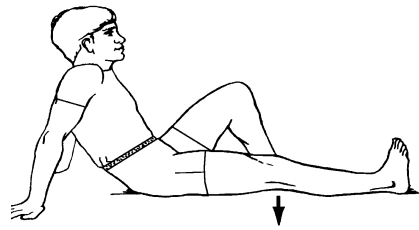
BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics

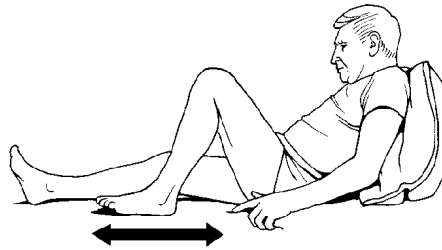
Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920

Knee Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics



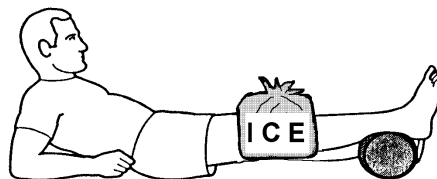
Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848