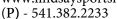
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Physical Therapy – PCL and Posterolateral Corner Reconstruction

PHASE 0: Pre- operative goals (i.e. Pre-hab)

- AROM 0-120 degrees
- Strength: 20 SLR with no lag.
- Minimal Effusion
- Patient Education on Post op exercises with a stress on compliance and importance
- Education on ambulation with crutches and safe stair use
- Wound care instructions
 - Keep tegederm clean and dry, no showering until 48hrs post-op then remove ACE, No submerging (bath, hot-tub, lake, river, ocean) for 6 weeks post op. Formal instructions will be listed in operative note and packet.
- Educated in follow-up (also provided in packet): 10-14 days post op, 6 weeks, 3 months, 6 months, 9 months, 1 year, 2 years, 5 years.

PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- Weightbearing: Toe touch/Heel touch weight bearing
 - Hinged Knee Brace:
 - Locked in full extension for ambulation and sleeping (weeks 0-2)
 - Unlocked to 90 degrees for ambulation and removed while sleeping (weeks 2-6)
 - Range of Motion:
 - Light range of motion 0-45 degrees(weeks 0-2)
 - Progress range of motion 0-90 degrees(weeks 0-6)
- Therapeutic Exercises: Quad sets, patellar mobilization, Gastroc/Soleus stretching, Straight-leg raises in brace, Side-lying hip/core **Avoidance of hamstring activation for 6 weeks post op**
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6-12)

- Weightbearing: May advance 25% weight bearing every 3-4 days until full weight bearing at 8 weeks
 - Full weight bearing at 8 weeks plus.
- Hinged Knee Brace: Discontinue once full extension achieved with no evidence of extension lag
- Range of Motion: Maintain full knee extension, work on progressive knee flexion to full.
- Therapeutic Exercises: Continue Phase I exercises.
 - Begin calf raises, closed chain quad/hamstring, balance exercises, hamstring isometrics and progress to hamstring curls, stationary bike, step-ups, front and side planks, advance hip/core.
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 12 - 16)

- Range of Motion: Full, painless
- Therapeutic Exercises: Advance closed chain strengthening exercises and proprioception activities
 - Begin use of the Stairmaster/Elliptical at 12 weeks

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Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase IV (Weeks 16 - 24): Gradual return to athletic activity

• 16 weeks: begin jumping

• 20 weeks: advance to sprinting, backward running, cutting/pivoting/changing direction

24 weeks: consider functional sports assessment

Phase V (>6 months): Gradual return to athletic activity

· Gradual return to sports participation after completion of functional sports assessment

Encourage maintenance program based off functional sports assessment