

**Sheena Black, MD**  
Orthopedic Surgeon  
Sports Medicine Specialist



www.sheenablackmd.com

**PHYSICAL THERAPY PRESCRIPTION**  
**ACL, PCL, & Posterolateral Corner Reconstruction**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Post-Operative Diagnosis:  Right  Left

Ligaments:  ACL  PLC  PCL  MCL  \_\_\_\_\_

Graft:  BTB  Hamstring  Allograft  \_\_\_\_\_

Additional Procedures:  Lateral Meniscectomy  Medial Meniscectomy  
 Lateral Meniscal Repair  Medial Meniscal Repair  
 Other: \_\_\_\_\_

Weight Bearing:  Toe Touch weight-bearing with crutches (may rest your foot on the floor, but don't put your body weight on it)

ROM: Locked in full extension in brace for ambulation & sleeping

**NO HAMSTRING EXERCISES, NO HEEL SLIDES, NO CPM**

Frequency & Duration: BIW - TIW at 4 weeks post-op, BIW at 8 weeks post-op

Rx: ACL/PCL/PLC Post-Op Rehab – Phase 1 (follow my protocol strictly)  
Dressing change / wound check 2-3 days post-op

Precautions:

  X   Per my PT protocol

       Other:

Physician's Signature: \_\_\_\_\_, MD

# Sheena Black, MD

## Orthopedic Surgeon

### Sports Medicine Specialist



www.sheenablackmd.com

## PHYSICAL THERAPY PROTOCOL

### ACL, PCL & Posterolateral Corner Reconstruction

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<b>Phase I</b> <b>Weeks 0-6</b> PT 1-2x/week HEP daily	TTWB in brace w/ crutches *	<b>0 – 2 weeks:</b> Locked in full extension for ambulation & sleeping  <b>2 – 6 weeks:</b> Unlocked for ambulation (0-90°) (once able to perform SLR without lag out of brace) Remove for sleeping	<b>0 – 2 weeks:</b> 0 – 45°  <b>2 – 6 weeks:</b> Advance slowly 0 – 90°	<b>NO HAMSTRING CURLS, NO HEEL SLIDES, NO CPM</b> (hamstring avoidance until <b>6 weeks</b> post-op)  Quad sets, patellar mobs, gastric/soleus stretch  SLR w/ brace in full extension until quad strength prevents extension lag  Side-lying hip/core
<b>Phase II</b> <b>Weeks 6-12</b> PT 2-3x/week HEP daily	Advance 25% weekly until full by 8 weeks	Discontinue at 6 weeks if no extension lag ( <i>may transition to functional brace</i> )	Full	<b>OK to start light resistance hamstring curls</b>  Begin toe raises, closed chain quads, balance exercises, stationary bike, step-ups, front and side planks; advance hip/core
<b>Phase III</b> <b>Weeks 12-16</b> PT 2-3x/week HEP daily	WBAT	None	Full	Advance closed chain strengthening  Progress proprioception activities  Begin Stairmaster, elliptical and running straight ahead at 12 weeks
<b>Phase IV</b> <b>Weeks 16-24</b> PT 1-2x/week HEP daily	WBAT	None	Full	<b>16 weeks:</b> Begin jumping  <b>20 weeks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program & sport-specific drills
<b>Phase V</b> <b>&gt; 6 months</b> PT 1x/week HEP daily	WBAT	None	Full and pain-free	Gradual return to sports participation after completion of RTS testing **  Maintenance program based on RTS testing

\* May be modified based on concomitantly performed meniscus repair or articular cartilage procedures

\*\* Completion of RTS (Return to Sport) testing not mandatory, but recommended at 6 months post-op for competitive athletes returning to play after rehab

**IF QUESTIONS: PLEASE CALL 469-800-7200**

Revised 4/2024