

Sheena Black, MD
Orthopedic Surgeon
Sports Medicine Specialist



www.sheenablackmd.com

PHYSICAL THERAPY PRESCRIPTION
PCL Reconstruction

Name: _____ Date: _____

Post-Operative Diagnosis: Right Left

Ligaments: PCL ACL PLC MCL _____

Graft: BTB Hamstring Allograft _____

Additional Procedures: Lateral Meniscectomy Medial Meniscectomy
 Lateral Meniscal Repair Medial Meniscal Repair
 Other: _____

Weight Bearing: Weight bearing as tolerated in brace locked in full extension with crutches
 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: TIW at 4 weeks post-op, BIW at 8 weeks post-op

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

Precautions:

Per my PT protocol

Other:

Physician's Signature:  _____, MD

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PHYSICAL THERAPY PROTOCOL

PCL Reconstruction

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/week HEP daily	WBAT in brace *	0 – 2 weeks: Locked in full extension for ambulation & sleeping 2 – 6 weeks: Unlocked for ambulation (once able to perform SLR without lag out of brace) Remove for sleeping	As tolerated	NO HAMSTRING CURLS, NO HEEL SLIDES, NO CPM (hamstring avoidance until 6 weeks 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
Phase II Weeks 6-12 PT 2-3x/week HEP daily	WBAT	Discontinue if no extension lag	Full	OK to start light resistance hamstring curls Begin toe raises, closed chain quads, balance exercises, stationary bike, step-ups, front and side planks; advance hip/core
Phase III Weeks 12-16 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
Phase IV Weeks 16-24 PT 1-2x/week HEP daily	WBAT	None	Full	16 weeks: Begin jumping 20 weeks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program & sport-specific drills
Phase V > 6 months 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

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