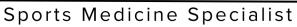
Sheena Black, MD Orthopedic Surgeon





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## PHYSICAL THERAPY PRESCRIPTION

#### PCL Reconstruction

Name:	Date:					
Post-Operative	Diagnosis:  Right Left					
Ligaments	PCL ACL PLC MCL					
Graft:	□ BTB □ Hamstring □ Allograft □					
Additional	Procedures:   Lateral Menisectomy  Medial Menisectomy					
	Lateral Meniscal Repair Medial Meniscal Repair					
	□ Other:					
Weight Bearing:						
	$\Box$ Toe Touch weight-bearing with crutches (may rest your foot on the floor, but don't put your body weight or					
ROM: Locked in	full extension in brace for ambulation & sleeping					
NO HAMSTR	ING EXERCISES, NO HEEL SLIDES, NO CPM					
Frequency & D	uration: 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:						
	X Per my PT protocol					
	Other:					
Physician's Sig	jnature:,MD					

# Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



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## PHYSICAL THERAPY PROTOCOL

### PCL Reconstruction

	<u>Weight</u> Bearing	Brace	ROM	Exercises
Phase I Weeks 0-6 PT 1-2x/week HEP daily	WBAT in brace *	<ul> <li>0 – 2 weeks: Locked in full extension for ambulation &amp; sleeping</li> <li>2 – 6 weeks: Unlocked for ambulation (once able to perform SLR without lag out of brace) Remove for sleeping</li> </ul>	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	<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
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