

PCL/ ACL Reconstruction

General

Knee locked in knee brace at full extension for 6 weeks

Weight-bearing as tolerated

Stitches assessed and removed in clinic by within 7-14 days

Weeks 0-1

CPM 0-30 and advance to 0-90 as tolerated

Wall slides

Prone hangs

Patellar Mobilization mobilization

Ankle pumps

Quad Sets sets with straight leg raises

Modalities as necessary to decrease swelling

Weeks 1-2

Continue week 1 activities

Toe raises/heel raises

Stationary bike with both legs with gradual increased resistance

Hamstring sets

Weeks 2-6

Continue week 2 activities

Terminal 1/3 knee bends

Achilles, calf, and hamstring stretching (sit and reach with towel)

Weeks 6-10

Treadmill 7% walk

Wean off brace once full ROM range of motion has been obtained

Double knee bends

Swimming with fins

Weeks 10-12

Single knee bends

Quads- specific strengthening exercises

Rowing/erg machine

Outdoor biking Sport-specific training with gradual return to agility exercises

Week 12

Leg press to 90° with weights

Leg curls with no hyperextension

Full quads- specific strengthening

Outdoor biking Sport-specific training with gradual return to agility exercises
