

# PCL & PLRI REHAB PROTOCOL

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Patient\_\_\_\_\_

D.O.S.\_\_\_\_\_

	WEEK 1 Begins DOS	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	
<b>Weight Bearing</b>	NWB until WEEK 12 = 25% WB, then increase 25% each week. D/C crutches WEEK 16 & 17.								
<b>Brace Settings</b>	10/10 _____→				10/30		10/40	10/50	FULL wk 26
<b>PROM Goals</b>	0-40 _____→			0-50		0-60	0-70	0-80	FULL wk 15
<b>AROM Goals</b>	0-40 EXTENSION ONLY- NO ACTIVE FLEXION _____→			0-50		0-60	0-70	0-80	FULL wk 15
<b>PT visits/week</b>	none	1-3	1-3	1-3	1-3	1-3	1-3	1-3	
<b>Shower</b>	with brace _____→					w/o brace	sleep w/o brace = week 10		
<b>**follow all weightbearing &amp; R.O.M. precautions for all exercises**</b>  <b>EXERCISES</b>	QUAD SETS _____→								
	SLR's with brace _____→					w/o brace _____→			
	PATELLAR MOBS _____→								
	UBE _____→								
	MULTI-HIP ISOTONICS (NO HIP EXTENSION) _____→								
	<b>MONTH 2</b>	<b>MONTH 3</b>	<b>MONTH 4</b>	<b>MONTH 5</b>	<b>MONTH 6</b>	<b>MONTH 7</b>	<b>MONTH 8</b>	<b>MONTH 9</b>	<b>MONTH 12</b>
	ACTIVE KNEE EXT. 0-50	0-60	0-70	0-80	0-90	0-100 _____→			
	STATIONARY BIKING _____→					OUTDOOR CYCLING (NO HILLS) _____→			
	NOTE: *PT remains 1-3 visits/week through MONTH 9. *PT visits/week may vary. *Individual exercise progression may vary. *Follow MD's instructions. *RUN/JOG w/derotational brace at 12 months. *RETURN TO SPORTS: 15 MONTHS WITH DEROTATIONAL BRACE								
	MINI-SQUAT/TOTAL GYM _____→								
	LEG PRESS _____→								
	HEEL RAISES & SOLEUS _____→								
	BAPS standing & DYNAMIC BALANCING _____→								
	TREADMILL WALKING _____→								
	HAMSTRING CURLS _____→								
SPORT CORD LATERAL AGILITY _____→									
STAIRMASTER _____→									
NORDIC TRACK _____→									
ROWING _____→									
Reviewed April 2014									

**ANY QUESTIONS? PLEASE CONTACT: NORTHWOODS THERAPY ASSOCIATES**      Altoona, WI      715-839-9266  
 Chippewa Falls, WI      715-723-506