

PCL REHAB PROTOCOL

Dr. John Drawbert

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A
Altoona, WI 54720

757 Lakeland Drive, Suite B
Chippewa Falls, WI 54729

Patient_____

D.O.S._____

	WEEK 1 Begins DOS	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	MONTH 3	
Weight Bearing	NWB →					25%	50%	75%	100%	
Brace Settings	10/10	10/10	10/10	10/10	10/70	20/70	20/90	20/130	d/c week 12	
PROM GOALS	0-30	0-50	0-50	0-60	0-70	0-80	0-90	FULL	FULL	
AROM GOALS	NONE	0-30 EXTENSION ONLY		0-60	0-70	0-80	0-90	FULL	FULL	
PT visits/week	NONE	1-3	1-3	1-3	1-3	1-3	1-3	1-3	1-3	
SHOWER	WITH BRACE			WITHOUT BRACE		SLEEP WITHOUT BRACE				
follow all weight-bearing & ROM precautions EXERCISES	QUAD SETS									
	SLR's with brace					without brace				
	PATELLAR MOBS									
	UBE									
	MULTI-HIP ISOTONICS (NO HIP EXTENSION)									
	SHORT ARC QUADS (0-30) *Active extension limited to 0-30 until MONTH 4* → Add CKC per WB guidelines									
							BAPS per WB guidelines			
							SOLEUS			
							TOTAL GYM-PARTIAL SQUATS per WB guidelines			
							HEEL RAISES			
							LEG PRESS (both legs) → (single leg)			
							STATIONARY BIKE			
							TREADMILL WALKING			
							SPORT CORD			
							LAT. AGILITY			
						LAT. STEP-UPS				
				NOTE: *PT visits/wk may vary. *Individual exercise progression may vary. *FOLLOW MD'S INSTRUCTIONS.		RETURN TO SPORTS at MONTH 12 with derotational brace. MUST have full ROM, quad & ham strength, and no swelling.				
				MONTH 7 QUAD EXT 0-80						
				MONTH 8 QUAD EXT 0-90						
				MONTH 9 QUAD EXT 0-100						
		MONTH 4		MONTH 5		MONTH 6				
PT VISITS 3 X WEEK										
QUAD EXT 0-70				MONTH 7 QUAD EXT 0-80						
NORDIC TRACK				MONTH 8 QUAD EXT 0-90						
ROWING				MONTH 9 QUAD EXT 0-100						
OUTDOOR CYCLING										
		Level ground		hills okay						
STAIRMASTER										
ROLLERBLADING										
		GOLF no spikes		with spikes						
				HAM CURLS						
				PLYOMETRICS						

Reviewed April 2014

ANY QUESTIONS? PLEASE CONTACT: NORTHWOODS THERAPY ASSOCIATES Altoona, WI 715-839-9266
 Chippewa Falls, WI 715-723-5060