

Knee Multiple Ligament Injury Reconstruction PCL (+/- MCL, LCL, PLC, PMC, ACL)

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Patient _____

DOS _____

	POW 1	POW 2	POW 3	POW 4-5	POW 6-9	POW 10-11	POW 12-15	POW 16-24	POW 24+
Weight Bearing	TTWB - must use crutches				WBAT to 100% - discontinue crutches with normal gait				
Brace Settings	0° *posterior/proximal tibial pad to prevent tibial drop back for PCL repair		0-90° if sufficient quad strength		Brace based on quad strength/control. D/C when appropriate.				
PROM	Goal 0-90° - Prone or sidelying, grip heads of gastroc, maintain neutral pressure proximally to tibia while flexing knee **Teach partner to perform 2-3x daily			Advance as tolerated	Goal 0°-120° advance as tolerated				
AROM	None	0°-30° extension only		0°-70°	0°-90°, advance as tolerated	Full			
PT visits/wk	2x week	2x week	2x week	2x week	2x week	1x week → decrease as appropriate			
Exercises	Quad sets SLR in brace at 0° Scar management Patellar mobilizations Ankle Pumps Modalities as needed *protect reconstruction *prevent anterior and/or posterior translation *control swelling & inflammation *educate pt. on rehab progression	Continue previous Stationary Bike Clamshells Sidelying Hip Abd/Add in brace at 0° Ham/Gastroc/Soleus stretch	Continue previous SLR without brace if sufficient quad SAQ & LAQ with proximal weighted resistance (90-30°)	Continue previous Progress ankle weights as appropriate	Continue previous DL total gym – progress to leg press Standing heel raises DL to SL Hamstring isometrics POW 7 Overball/sportcord Step ups front/lateral Step downs Squats Wall sits DL→SL balance Fwd and Retro treadmill walking Aquatic therapy	Continue previous Stairmaster Elliptical Walking agility: march, retro, sidestepping Standing hamstring curls <5# Seated hamstring curls <5#	Continue previous Prone hamstring curls with weights, progress to machines Introduce jogging program Shuffling Carioca	Continue previous Introduce plyometrics, limiting contacts. Initial 40-60 contacts, 60-80, 80-100+. Initiate sport specific activities. ** Refer to Advanced ACL Protocol	Continue previous Progress strength Progress running and sport specific drills Goals: quad strength >85% of uninjured Ham/quad strength ratio 65% or better

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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