



DR. MICHAEL BARROW PCL RECONSTRUCTION – REHABILITATION PROTOCOL

	<u>POST OP WEEK</u>				<u>POST OP MONTH</u>		
	1 to 2	3 to 4	5 to 6	7 to 12	4 to 5	6 to 9	9 to 12
Brace	√	√	√				
Weight-bearing (normal gait pattern ASAP)	PWB	PWB	PWB	FWB	FWB	FWB	FWB
ROM Goal	0° to 70°	0° to 90°	0° to 90°	0° to Full	0° to Full	0° to Full	0° to Full
ROM Exercises (within set ROM)							
Active assisted knee flex				0° to 110°			
Active knee extension	√	√	√	√			
Passive knee flex (proximal tibial force directed anteriorly)	√	√	√	√			
Oedema management (RICE)	√	√	√	As reqd.	As reqd.	As reqd.	As reqd.
Stretching (prevent tibial sag when resting in knee extension)	√	√	√	√	√	√	√
Hamstring, calf, ITB	√	√	√	√	√	√	√
Patella mobilisations	√	√	√	√	As reqd.	As reqd.	As reqd.

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Strengthening Isometric quads / SLR – with brace on	√	√	√	√	√	√	√
Closed chain (gait re-ed, mini squats within ROM limits, toe standing, theraband)			√	√	√	√	√
Wall slides				0° to 60°	√	√	√
Open chain knee extension			70° to 0°	70° to 0°	70° to 0°	90° to 0°	90° to 0°
Hamstring curls					√	√	√
Leg press				√	√	√	√
Hip extension, ABD, ADD (avoid stresses on knee)	√	√	√	√	√	√	√
Cardiovascular stationary bicycle – no toe traps				√	√	√	√
Step machine / swimming – straight kick				√		√	√
Running – straight						√	√
Proprioception (e.g. weight transfers, balance board, mini tramp)			√	√	√	√	√
Dynamic stability (e.g. stepping on / off different surfaces and in all directions)				√	√	√	√
Sport specific / agility drills (e.g. shuttle runs, cariocas, figure 8's)						√*	√
Plyometrics (e.g. bounding, hopping, jumping)						√*	√
Activities							
Work – sedentary		√	√	√	√	√	√
Work – heavy				√**	√**	√	√

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Driving				8 /52	√	√	√
Full sports							√**

*Progressed within limits of pain, swelling and muscle control.

**Dependent on type of employment / sport