Dr. Pathik Shah
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PCL RECONSTRUCTION PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p PCL Reconstruction

1-6 Weeks s/p PCL Reconstruction:

___ Ambulate TTWB w/ Brace Locked
___ ROM 0° - 90 ** LIMIT TO 50 CYCLES FLEX/EXT PER DAY **
___ Hip PRE'S
___ Quadriceps Re-education (E-stim, Biofeedback)
___ Active Extension 0° - 70
___ Passive Flexion 0° - 90
___ Patellar Mobilization
___ Cryotherapy
___ Continue w/ Home Exercise Program

6-8 Weeks s/p PCL Reconstruction:

___ Progress to FWB w/ Brace set 0 - 90 and crutches
___ Discontinue crutches when gait is not antalgic
___ Ambulation training in Aquatrex
___ Progress to full ROM
___ Begin Active flexion Isometrics, Isotonics, 0 - 90: CLOSED CHAIN
___ Leg Press in 90 - 0 arc
___ Multiple angle Quadriceps Isometrics, 90 - 0
___ Calf raises
___ Bicycle ergometer
___ LIDO exercises: Isometrics, Active Extension / Passive Flexion, Concentric / Eccentric Quadriceps
___ Begin Quadriceps Isotonics 0 - 70 (distal pad), Eccentric first
___ KT-1000 test @ 6 weeks
___ Brace change @ 6 weeks

8-12 Weeks s/p PCL Reconstruction:

___ Restore normal gait
___ Begin squat / step program
___ Proximal musculature PRE's
___ Begin Proprioception program
___ Quadriceps Isotonics (knee extension) 0 - 90 (distal pad)
___ Begin Retro program
___ LIDO exercises: Isotonics, Quadriceps Eccentrics
___ Nordic track

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12-20 Weeks s/p PCL Reconstruction:

___ Restore full ROM
___ Continue Proximal musculature PRE's
___ Quadriceps Isotonics (knee extension) in full arc
___ Begin functional exercise program
___ Progress endurance activities
___ Maintain / Improve flexibility in lower extremities
___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum,
Quadriceps Eccentrics in 0 - 90 arc
___ Stairmaster / Versaclimber
___ KT-1000 test @ 3 months

20-28 Weeks s/p PCL Reconstruction:

___ Full arc PRE's to restore strength, emphasizing quadriceps
___ Agility drills
___ Continue functional exercises
___ Begin running program
___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum
___ Functional test assessment @ 24 weeks
___ KT-1000 test @ 24 weeks
___ Return to limited sporting activities

28-40 Weeks s/p PCL Reconstruction:

___ Restore strength, function, endurance, and agility of lower extremity
___ Isokinetic test at 60/second, 180/second, 240/second
___ Progress running program
___ Functional test assessment @ 24 weeks
___ Return to full activity