

Post-operative PCL Reconstruction Protocol

Dr. K. Viyayaraj

Texas Sports & Joint clinic,

P.H Road, Kilpauk,

Chennai – 10.

First 7-10 days

- 1) Keep brace on and locked in full extension. May remove brace for exercises.
- 2) Use crutches for touch down weight bearing only.
- 3) Change dressing on second day after surgery and replace with dry dressing. Leave tape/steri-strips on the skin and do not remove unless they fall off on their own.
- 4) Perform calf pumps, straight leg raises, heel slides, and quadriceps sets three times each day (10-20 repetitions each time).
- 5) Use ice pack/cryocuff at least 3 times each day for 15 minutes each time to reduce swelling and pain.
- 6) Keep wound/dressings dry. No showers for 7 days and no baths for three weeks
- 7) Pain medication, muscle relaxant, vitamin D/calcium supplementation, and antibiotics will be prescribed. Do not use anti-inflammatory medication like Advil (ibuprofen), Aleve (naproxen) for 6 weeks after surgery.

1 week to 6 weeks

At first clinic visit:

- 1) Brace remains on and locked for 4-6 weeks.
- 2) Gradually discontinue crutches and fully weight bear by 3 to 4 weeks after surgery with brace on.
- 3) Sutures will be removed if necessary but often they are buried under the skin. No baths or pools for 3 weeks after surgery.
- 4) Do not need to wear dressing if brace does not rub against the wound.
- 5) Steri-strips will fall off on their own. If they do not fall off, pull them off gradually by two weeks after surgery.

PT goals (Range of motion):

- 1) Full symmetric extension by 2 weeks. Notify my office if not achieved.

- 2) May start flexing the knee at 4-6 weeks with the goal of 90 degrees but do not be discouraged if not achieved.
- 3) Swelling control.
- 4) Quadriceps activation and strengthening.

Exercises:

- 1) Quadriceps sets
- 2) Straight leg raises
- 3) Patellar mobilization
- 4) Heel slides at 4 weeks at the earliest
- 5) Sitting knee flexion at 4 weeks at the earliest.

6 weeks to 12 weeks

6 week clinic visit:

- 1) Knee should be fully extended.
- 2) Brace can be unlocked. It will be weaned off over 1-3 weeks.
- 3) Swelling should be absent.

PT goals (Improve ROM, advance strengthening with closed and open chain exercises):

Post-operative PCL Reconstruction Protocol

Dr. K. Viyayaraj

Texas Sports & Joint clinic,

P.H Road, Kilpauk,

Chennai – 10.

- 1) Obtain full knee flexion by 12 weeks postop.
- 2) Quadriceps strengthening
- 3) Calf strengthening
- 4) Gait training

Exercises:

- 1) Wall slides and mini-squats to 45 degrees (closed chain 0-45).

- 2) Open and closed chain quadriceps exercises with increasing weights.
- 3) Closed chain hamstring exercises with increasing weights.
- 4) Toes raises, step ups.
- 5) Stationary bike when range of motion allows. May use treadmill with an incline. May start elliptical trainer once proficient on the stationary bike.
- 6) Swimming (free style stroke and backstroke only; avoid heavy kicking strokes).

3 to 6 months

PT goals:

- 1) Continue all previous exercises to progress to full strength of quadriceps and hamstrings. may participate in any weightlifting activity that is not painful.

Exercises:

- 1) Start jogging at 5 months.
- 2) Squats, leg presses and progress to full weight by 6 months. All weight training should be slow, controlled. No ballistic motion. No cutting maneuvers.

6-9 months

Goals:

- 1) Sport specific exercises but no competition yet

Exercises:

- 1) Begin with sport-specific exercises and cutting maneuvers and progress to playing over 1-6 weeks

9-12 months

Goals:

- 1) Return to sport if full range of motion, strength is 90% of other leg.
- 2) Use brace for first 6-8 weeks if needed.

Additional instructions:

If right leg is operative leg, may not drive automatic transmission vehicle for 2-4 weeks.

If left leg is operative leg, may drive automatic transmission vehicle after have stopped using narcotic pain medication.

Post-operative PCL Reconstruction Protocol
Dr. K. Viyayaraj

Texas Sports & Joint clinic,

P.H Road, Kilpauk,

Chennai – 10.

May return to sedentary desk work in one week.

May return to work requiring standing gradually over 6-8 weeks.

May return to heavy labor in 6-9 months.

Duration and frequency of PT:

For week 6-12 (12 visits): supervised 2x/week. Perform exercises on your own 5-7 days/week

For week 12-18 (12 visits): supervised 2x/week. Perform exercises on your own 3-5 days/week

For weeks 18-24 (6 visits): supervised 1x/week. Perform exercises on your own 3-5 days/week