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Patient: Date of Surgery:
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## Procedure: Right/Left Autograft/Allograft PCL reconstruction

Associated Procedure (circled if applicable): Meniscectomy/Meniscal Repair

Phase I (0-4 wks): Period of protection

Weight bearing: WBAT

Brace: Locked in extension for ambulation for first 4 weeks. OK to remove for

sleep at week 1. PT can unlock for motion only during exercises.

ROM: Progressive prone passive ROM only. It's important to avoid posterior sag

during all motion.

**Ice:** Not directly on skin. Recommend as much as possible. 5x/day, 20

min/session for first 2 weeks. Then after activity at minimum.

**Exercises:** Patellar mobilization, SLR with brace on, ankle pumps, calf press

with exercise bands.

Note: if a meniscal repair was done simultaneously, please amend the above with the following restrictions:

- -WBAT with brace limited to 0-90 degrees x 4 weeks
- -Limit ROM 0-90 degrees x 4 weeks
- -No tibial rotation x 4 weeks

## Phase II (4-12 wks): Advance strengthening

Weight bearing: Full

Brace: Unlock brace fully. Discontinue brace at 6 weeks.

**ROM:** No limitation, increase as tolerated.

Ice: Not directly on skin. Recommend as much as possible, at minimum after

therapy.

Exercises: Leg press 0-60°, ambulation in pool, wall slides and mini-squats.

Stairmaster, elliptical trainer, seated calf raises.

## Phase III (12 wks-9 mo): Strengthening and progression to jogging

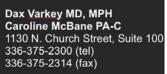
Weight bearing: Full

Brace: None

**ROM:** No limitation. It's not unusual to lack 10-15° for 5 months postop. **Exercises:** Advanced strengthening as tolerated, increase resistance on equipment. May begin elliptical. Wean from formalized therapy and encourage independence with home exercise program. Strict avoidance of open chain exercises.

**Jogging:** Begin straight ahead jogging program if core and hip strength appropriate at 4.5 mo to 5 mo post-op, no sooner unless instructed by MD.

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Phase IV (9 mo-12 mo): Advanced activities

Weight bearing: Full Brace: None **ROM:** No limitation

Exercises: AVOID HIGH RISK ACTIVITIES UNTIL MD CLEARANCE. Return

to sport specific activities and impact at about 8-12 months depending on

functional testing and MD clearance.

Frequency:	x/week	X	weeks
By signing this ret therapy is medical	•	hat I	have examined this patient and physical
			Date:
Dax Varkey M	ID, MPH		

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