

Physical Therapy Prescription for:

622 W 168th Street, PH-11 Center
New York, NY 10032

label

Diagnosis: PCL avulsion
Surgical Procedure: PCL repair
Date of Surgery:
Eval & Treat: 2x/week x 12 weeks

Phone: 212-305-3934
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columbiaortho.org

Weight bearing status: WBAT

Restrictions: AVOID ACTIVE HAMSTRING ACTIVITY AND ACTIVE KNEE EXTENSION FROM 90°-70° UNTIL POST-OP WEEK 4

Brace for 8 weeks:

- Locked in full extension for sleep and ambulation for 2 weeks. If patient hasn't achieved symmetric terminal extension continue locking at 0° for sleep
- Weeks 4-6: unlocked for gait training/exercise only
- Weeks 6-8: unlocked for all activities
- Discontinue brace at 8 weeks post-op

Range of motion goals:

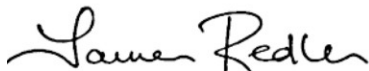
- Weeks 0-1: none
- Weeks 1-2: PROM 0-30°
- Weeks 2-4: PROM 0-90° (MAINTAIN ANTERIOR PRESSURE ON PROXIMAL TIBIA AS KNEE IS FLEXED – NEED TO PREVENT POSTERIOR SAG AT ALL TIMES)
- Goal 110° by week 6
- Goal full ROM by week 12

Immediate Postoperative Period: 0-4 weeks (Goal: edema control, protect PCL, motion 0-90°):

- WBAT, Elevation
- Quad/hamstring sets, ankle pumps
- SLR with brace locked in full extension until quad strength can prevent extension lag
- Hip abduction/adduction (RESISTANCE MUST BE PROXIMAL TO THE KNEE)
- Hamstring/calf stretch
- Calf press with theraband progressing to standing toe raises with knee in full extension

Lauren Redler, MD

Date



Weeks 4 to 8 (Goal: progress ROM, strength):

- Gait training, wall slides 0-30°, mini-squats 0-30°, leg press 0-60°

Weeks 8 to 12 (Goal: regain full ROM, strengthening):

- Stationary bike with low resistance and seat higher than normal, stairmaster, closed-chain terminal knee extension, leg press 0-90°, balance and proprioception activities
- Ok to sleep without brace at night

Week 12 to 9 months (Goal: strengthen and sport retraining):

- Advanced closed chain strengthening exercises
- Progress with proprioception/balance activities
- Maintain flexibility
- Begin treadmill walking – progress to jogging
- Criteria to start running program: walk with normal gait for 20 minutes, pain free ADLs, ROM > 0-125°, hamstring and quad strength >70% contralateral side, no pain, no edema, no crepitus, no giving-way

9 months+ (Goal: return to sport)

- Maintain strength, endurance, and function
- Initiate plyometric program
- Progress to sport specific training – cutting exercises and sport specific drills
- Return to sports as tolerated
- Maintenance program for strength and endurance