

Knee Multiple Ligament Injury Reconstruction PCL (+/- MCL, LCL, PLC, PMC, ACL)

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Patient _____
 DOS _____

	POW 1	POW 2	POW 3	POW 6-8	POW 10	POW 12	POW 16-24	POW 24+
Weight Bearing	TTWB - must use crutches			WBAT to 100% - discontinue crutches with normal gait				
Brace Settings	0° *posterior/proximal tibial pad to prevent tibial drop back for PCL repair		0-90° if sufficient quad strength	Brace based on quad strength/control				
PROM	Goal 0-90° - Prone or sidelying, grip heads of gastroc, maintain neutral pressure proximally to tibia while flexing knee **Teach partner to perform 2-3x daily			0-120° advance as tolerated				
AROM	None				Full			
PT visits/wk	2x week	2x week	2x week	2x week	1x week → decrease as appropriate			
Exercises	Seated heel raises Quad sets *protect reconstruction SLR in brace at 0° *prevent anterior and/or posterior translation Scar management Patellar mobilizations *control swelling/inflammation Ankle Pumps *educate pt. on rehab progression Modalities as needed	Continue previous Stationary Bike Ham/Gastroc/Soleus stretch Progress to clamshells, sidelying hip ABD/ADD	Continue previous DL total gym – progress to leg press LAQ with proximal weighted resistance (90-30°) Standing heel raises SLR without brace if sufficient quad ** As WB restrictions allow	Continue previous Hamstring isometrics POW 7 Overball/sportcord Step ups front/lateral Step downs Squats Wall sits DL→SL balance Fwd and Retro treadmill walking Aquatic therapy	Continue previous Stairmaster Elliptical Walking agility: march, retro, sidestepping Standing hamstring curls <5# Seated hamstring curls <5#	Continue previous Prone hamstring curls with weights, progress to machines Introduce jogging program Shuffling Carioca	Continue previous Introduce plyometrics, limiting contacts. Initial 40-60 contacts, 60-80, 80-100+. Initiate sport specific activities. ** Refer to Advanced ACL Protocol	Continue previous Progress strength Progress running and sport specific drills Goals: quad strength >85% of uninjured Ham/quad strength ratio 65% or better