

Isolated PCL Reconstruction Protocol

Immediately post-op

- **Cricket pad splint applied in theatre at approx. 30°.**
- Cricket pad splint to be **exchanged for long lever hinged knee brace on 1st post-operative day** with de-bulking of dressings. **Brace set at 10° - 90° for 6 weeks; to be worn at all times.**
- Swelling management (elevation and advice on cryotherapy).
- Gentle active-assisted knee flexion and extension.
- TAQ's, SLR in brace – home exercise programme to be provided.
- **NWB for 6 weeks.**
- **Avoid tibial external rotation postures and OKC hamstrings for 4 months.**

Goals

- **Control pain and swelling, safe discharge with exercises and OPD Physio appt.**

1-6 weeks

- Remove brace / unlock brace for NWBing ROM exs and mobs.
- Continue with patellar and tibiofemoral mobility ex's (avoid hyperextension especially when brace removed).
- Continue with SQ's and SLR in brace.
- NWB hip/lumbo-pelvic muscle maintenance exercises.

Goals: regain 0-90° by 2/52 post-op, full extension - 120° by 6/52.

7-12 weeks

- **Start PWB, WBAT from week 9 if no limp and able to SLR without lag.**
- **Open brace to allow FROM.**
- Static bike without resistance.

12-16 weeks

- **Wean off brace.**
- Brisk walking program (20-30 mins daily).
- CKC ex's:
 - Double to single leg squats progression (**<70° flexion**).
 - Leg press <25% body weight to fatigue (<70° knee flexion).
- Swimming with avoidance of breast stroke kick until 4/12.

16-24 weeks

- Add resistance to static bike and **start OKC hamstrings.**
- Advanced CKC work as per ACL class progressions.
- Jogging once patient can perform 20 single leg squats >60° flexion.
- Progress to speed, agility, quickness and plyometric drills gradually. Consider sports specific movements.

7 months +

- Gradual return to contact sports if >85% of good leg on functional testing.

References

Lunden et al (2010) Current Concepts in the Recognition and Treatment of Posterolateral Corner Injuries of the Knee, *Journal of Orthopaedic & Sports Physical Therapy*. Vol: 40 (8), pp 502-515.

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