

- REHABILITATION PROTOCOL PCL/PLC

	POST OP WEEK				POST OP MONTH		
	1-2w	3-4w	5-6w	7-12w	4-5m	6-9m	9-12m
Brace Hinged P.O. ROM brace	FROM	FROM	FROM	FROM			
Weight-bearing (normal gait pattern ASAP) Varus knees	T-PWB	T-PWB	FWB	FWB	FWB	FWB	FWB
	FWB	FWB	FWB	FWB	FWB	FWB	FWB
Normal knee alignment							
ROM Goal	0 - 70	0 - 90	0 - 110	0-FULL	0-FULL	0-FULL	0-FULL
ROM exercises (within set ROM)							
Active assisted knee flex/ext (foot sliding)	✓	✓	✓	✓			
Active knee flex/ext (foot sliding, except biceps reattachment)	✓	✓	✓	✓			
Passive knee flex (proximal tibial force directed anteriorly)	✓	✓	✓	✓			
Oedema management (RICE)	✓	✓	✓	As reqd	As reqd	As reqd	As reqd
Stretching							
Hamstring, calf	✓	✓	✓	✓	✓	✓	✓
Patella mobilisations	✓	✓	✓	✓	As reqd	As reqd	As reqd
Strengthening Isometric quads/SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain (gait re-ed protected weightbearing as required)	✓	✓	✓	✓	✓	✓	✓
mini squats, wall slides (allowed to weightbear) toe standing	✓	✓	✓	✓	✓	✓	✓
Open chain knee extension	90-30	90-30	90-30	90-30	90-30	✓	✓
Hamstring curls				✓	✓	✓	✓
	1-2W	3-4W	5-6W	7-12W	4-5M	6-9M	9-12M
Leg press		✓	✓	✓	✓	✓	✓
Hip extn, abd, add (avoid varus/valgus stresses on knee)							

	✓	✓	✓	✓	✓	✓	✓
Cardiovascular Stationary bicycle/Swim, straight kick			✓	✓	✓	✓	✓
Step machine				✓	✓	✓	✓
Running -straight						✓	✓
Proprioception (eg, weight transfers, balance board, mini tramp)			✓	✓	✓	✓	✓
Dynamic stability (eg stepping on/off different surfaces and in all directions)				✓*	✓	✓	✓
Sport specific/agility drills (eg. Shuttle runs, cariocas, figure 8s)					✓*	✓	✓
Plyometrics (eg bounding, hopping, jumping)					✓*	✓	✓
Activities							
Work – sedentary		✓	✓	✓	✓	✓	✓
Work - heavy				✓**	✓**	✓**	✓**
Driving				8w	✓	✓	✓
Full sports							✓

* progressed within limits of pain, swelling and muscle control. **Dependent on type of employment / sport