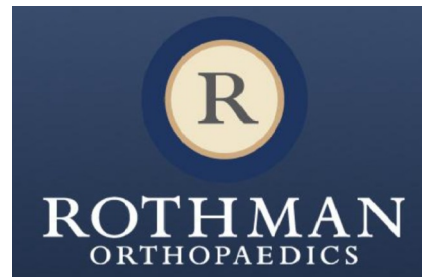


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## **Posterior Cruciate Ligament Reconstruction Physical Therapy Protocol**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Surgery: Right/Left PCL Reconstruction

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

### **1-6 Weeks**

- \_\_\_ Ambulate TTWB w/ Brace Locked in extension for first 2 weeks
- \_\_\_ Progress to WBAT w/ Brace Locked in extension in third week
- \_\_\_ Progress to FWB w/ Brace set 0°-90° and crutches for weeks 4-6
- \_\_\_ ROM 0-90° \*\* LIMIT TO 50 CYCLES FLEX/EXT PER DAY \*\*
- \_\_\_ Hip PRE'S
- \_\_\_ Quadriceps Re-education (E-stim, Biofeedback)
- \_\_\_ Active Extension 0-70°
- \_\_\_ Passive Flexion 0-90°
- \_\_\_ Patellar Mobilization
- \_\_\_ Cryotherapy
- \_\_\_ Continue w/ Home Exercise Program
- \_\_\_ Avoid hamstring exercises

### **6-8 Weeks**

- \_\_\_ Discontinue crutches when gait is not antalgic
- \_\_\_ Ambulation training in Aquatrex
- \_\_\_ Progress to full ROM
- \_\_\_ Begin Active flexion Isometrics, Isotonics, 0°-90° : CLOSED CHAIN
- \_\_\_ Leg Press in 90°- 0° arc
- \_\_\_ Multiple angle Quadriceps Isometrics, 90°- 0°
- \_\_\_ Calf raises
- \_\_\_ Bicycle ergometer
- \_\_\_ LIDO exercises: Isometrics, Active Extension / Passive Flexion, Concentric/ Eccentric Quadriceps
- \_\_\_ Begin Quadriceps Isotonics 0°-70° (distal pad), Eccentric first
- \_\_\_ KT-1000 test @ 6 weeks
- \_\_\_ Brace change @ 6 weeks

### **8-12 Weeks**

- \_\_\_ Restore normal gait
- \_\_\_ Begin squat/step program
- \_\_\_ Proximal musculature PRE's
- \_\_\_ Begin Proprioception program
- \_\_\_ Quadriceps Isotonics (knee extension) 0°-90° (distal pad)
- \_\_\_ Begin Retro program

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- LIDO exercises: Isotonics, Quadriceps Eccentrics
- Begin stairmaster, elliptical and running straight ahead at 12 weeks



### **12-20 Weeks**

- Restore full ROM
- Continue Proximal musculature PRE's
- Progress proprioceptive training
- Quadriceps Isotonics (knee extension) in full arc
- Begin functional exercise program
- Progress endurance activities
- Maintain/ Improve flexibility in lower extremities
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum, Quadriceps Eccentrics in 0°-90° arc
- Stairmaster / Versaclimber
- KT-1000 test @ 3 months
- Begin jumping at 16 weeks

### **20-28 Weeks**

- Full arc PRE's to restore strength, emphasizing quadriceps
- Agility drills
- Continue functional exercises
- Begin running program
- LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum
- Functional test assessment @ 24 weeks
- KT-1000 test @ 24 weeks
- Return to limited sporting activities

### **28-40 Weeks**

- Restore strength, function, endurance, and agility of lower extremity
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Progress running program
- Return to full activity

Comments:

Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP

Modalities

Electric Stimulation     Ultrasound     Iontophoresis     Phonophoresis     TENS     Heat before

Ice after     Trigger points massage     Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_