



DR. MICHAEL BARROW PCL AND POSTEROLATERAL CORNER RECONSTRUCTION – REHABILITATION PROTOCOL

	<u>POST OP WEEK</u>				<u>POST OP MONTH</u>		
	1 to 2	3 to 4	5 to 6	7 to 12	4 to 5	6 to 9	9 to 12
Brace	In situ	In situ	In situ	-	-	-	-
Weight-bearing (normal gait pattern ASAP)	See post-op instructions			FWB	FWB	FWB	FWB
ROM Goal	0° to 70°	0° to 70°	0° to 70°	0° to Full	0° to Full	0° to Full	0° to Full
ROM Exercises (within set ROM)							
Active assisted knee flex (foot sliding)	-	-	-	0° to 110°*			
Active knee extension	✓	✓	✓	✓			
Passive knee flex (proximal tibial force directed anteriorly)	✓	✓	✓	✓			
Oedema management (RICE)	✓	✓	✓	As reqd.	As reqd.	As reqd.	As reqd.

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	1 to 2	3 to 4	5 to 6	7 to 12	4 to 5	6 to 9	9 to 12
Stretching Hamstrings, calf, ITB, Patella mobilisations	✓	✓	✓	✓	✓	✓	✓
	✓	✓	✓	✓	As reqd.	As reqd.	As reqd.
Strengthening Isometric quads / SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain (gait re-ed, mini squats within ROM limits, toe standing)			✓	✓	✓	✓	✓
Wall slides				0° to 60°	✓	✓	✓
Open chain knee extension				25° to 0°	25° to 0°	70° to 0°	90° to 0°
Hamstring curls						✓	✓
Leg press				✓	✓	✓	✓
Hip extension, ABD, ADD (avoid stresses on knee)	✓	✓	✓	✓	✓	✓	✓
Cardiovascular stationary bicycle (when 100° flexion)				✓	✓	✓	✓
Step machine / swimming – straight kick / elliptical machine					✓	✓	✓
Running – straight						✓	✓
Proprioception (e.g. weight transfers, balance board, mini tramp)				✓	✓	✓	✓
Dynamic stability (e.g. stepping on / off different surfaces and in all directions)				✓	✓	✓	✓

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Sport specific / agility drills (e.g. shuttle runs, cariocas, figure 8's)						√**	√
Plyometrics (e.g. bounding, hopping, jumping)						√**	√
Activities							
Work – sedentary		√	√	√	√	√	√
Work – heavy				√***	√***	√	√
Driving				8 / 52	√	√	√
Full sports							√**

*Active knee flex may only begin at 6 weeks.

**Progressed within limits of pain, swelling and muscle control.

***Dependent on type of employment / sport