

KNEEbraska
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REHABILITATION GUIDELINES: KNEE PCL & POSTEROLATERAL CORNER RECONSTRUCTION

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-6 weeks	Heel touch WB in brace *	0-2 weeks: Locked in full extension for ambulation and sleeping 2-6 weeks: Unlocked for ambulation 0-90, remove for sleeping**	0-2 weeks: 0-45 2-6 weeks: Advance slowly 0-90	Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Hamstrings avoidance until 6 wks post-op
PHASE II 6-12 weeks	Advance 25% weekly until full by 8 wks	Discontinue at 6 wks if no extension lag	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
PHASE III 12-16 weeks	Full	None	Full	Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks
PHASE IV 16-24 weeks	Full	None	Full	16 wks: Begin jumping 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
PHASE V > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA*** Maintenance program based on FSA

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

**Brace may be removed for sleeping after first post-operative visit (day 14-20)

***Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab