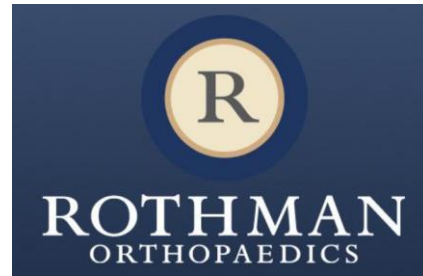


Brandon J. Erickson, MD
Montanna Casey, ATC
Mackenzie Lindeman, ATC
Terry Lin, PA-C
645 Madison Ave New York, NY
200 White Plains Rd 4th Floor Tarrytown, NY
450 Mamaroneck Ave Suite 200 Harrison, NY
Phone: 914-580-9624
Montanna.Casey@rothmanortho.com
Mackenzie.Lindeman@rothmanortho.com
Terry.Lin@rothmanortho.com
www.brandonericksonmd.com



Posterior Cruciate Ligament Reconstruction Physical Therapy Protocol/Prescription

Patient Name: _____

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

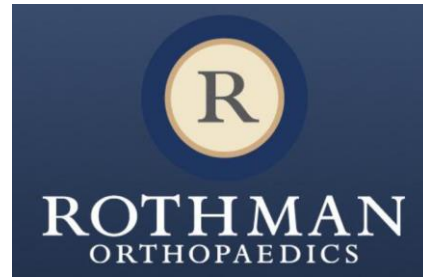
6-8 Weeks

- ___ 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

Brandon J. Erickson, MD
Montanna Casey, ATC
Mackenzie Lindeman, ATC
Terry Lin, PA-C
645 Madison Ave New York, NY
200 White Plains Rd 4th Floor Tarrytown, NY
450 Mamaroneck Ave Suite 200 Harrison, NY
Phone: 914-580-9624
Montanna.Casey@rothmanortho.com
Mackenzie.Lindeman@rothmanortho.com
Terry.Lin@rothmanortho.com
www.brandonericksonmd.com



- Proximal musculature PRE's
- Begin Proprioception program
- Quadriceps Isotonics (knee extension) 0°-90° (distal pad)
- Begin Retro program
- 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
 Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before
 Ice after Trigger points massage Therapist's discretion

Brandon J. Erickson, MD
Montanna Casey, ATC
Mackenzie Lindeman, ATC
Terry Lin, PA-C
645 Madison Ave New York, NY
200 White Plains Rd 4th Floor Tarrytown, NY
450 Mamaroneck Ave Suite 200 Harrison, NY
Phone: 914-580-9624
Montanna.Casey@rothmanortho.com
Mackenzie.Lindeman@rothmanortho.com
Terry.Lin@rothmanortho.com
www.brandonericksonmd.com



Signature _____ Date _____