



# Orthopaedic Associates of Zanesville

## Post Operative Physical Therapy Guidelines

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### Posterior Cruciate Ligament Reconstruction

*The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.*

#### 0-3 Weeks:

- Weight Bearing TTWB, Brace locked at 0°
- ROM (Prone only): Passive flexion 0-70°
- Active Assisted extension 70 to 0°
- Patella mobilization
- Towel extensions, prone hangs
- SLR supine with brace locked at 0°
- Quadriceps isometrics @ 60°

#### 3-6 Weeks:

- Progressive Weight Bearing TTWB to PWB (75%) with crutches, brace locked at 0°
- ROM (Prone only): Active Assisted extension 90-0 degrees and passive flexion 0-90°
- Short crank (90mm) ergometry
- Leg Press (60-0° arc)
- SLR's (all planes): progressive resistance
- Multiple-angle quadriceps isometrics: 60 to 20°

#### 6-12 Weeks:

- D/C crutches when gait is non-antalgic (6-8weeks)
- Brace changed to OTS
- Initiate Forward step up program (6-8weeks)
- Leg Press, Mini-Squats (60-0° arc)
- Standard ergometry (if knee ROM > 115°)
- AAROM exercises
- Stairmaster (6-8 weeks)
- Proprioception Training (Prop Board, BAPS)
- Gait training (Aquacisor or AlterG) and retrograde treadmill ambulation
- Initiate step-down program (8-10 weeks)

#### 12-20 weeks:

- Leg Press: Squats (80 to 0° arc)
- AAROM exercises
- Proprioception Training (Prop Board, BAPS)
- Advanced Proprioception training (perturbations)
- Lunges and agility exercises (sport cord)
- Versa climber
- Retrograde treadmill running
- Quadriceps stretching

#### 20-26 weeks:

- Start forward running (if descend 8" step satisfactorily)
- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Initiate plyometric program (if sufficient strength base)
- Functional Hop Test (>85% contralateral)

#### >26 weeks:

- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs, advance plyometrics, and sport specific programming