

## Mr Gupte's PCL & POSTEROLATERAL CORNER (PLC) REPAIR REHABILITATION PROTOCOL

	Post –op Week				Post-op Month		
	1-2wk	3-4wk	5-6wk	7-12wk	4-5m	6-9m	9-12m
<b>Brace</b> Hinged P.O. ROM brace	0-70	0-70	0-70	FROM	FROM	FROM	FROM
<b>Weight-bearing</b> (normal gait pattern ASAP)	See post –op instructions			FWB	FWB	FWB	FWB
<b>ROM Goal</b>	0 - 70	0 - 70	0 - 70	0-FULL	0-FULL	0-FULL	0-FULL
<b>ROM exercises (within set ROM)</b>							
Active assisted knee flex/ext (foot sliding)	✓	✓	✓	✓			
Active knee flex/ext (foot sliding, NO resistance)	0-60	0-60	0-60	0-70			
Passive knee flex (proximal tibial force directed anteriorly)	✓	✓	✓	✓			
<b>Oedema management</b> (RICE)	✓	✓	✓	As reqd	As reqd	As reqd	As reqd
<b>Stretching</b> Hamstring, calf, ITB,	✓	✓	✓	✓	✓	✓	✓
Patella mobilisations	✓	✓	✓	✓	As reqd	As reqd	As reqd
<b>Strengthening</b> Isometric quads/SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain (gait re-ed, mini squats within ROM limits, toe standing, )	✓	✓	✓	✓	✓	✓	✓
Wall slides	0-30	0-45	0-60	0-60	✓	✓	✓
Open chain knee extension	70-0	70-0	70-0	70-0	70-0	90-0	90-0
Hamstring curls					✓	✓	✓
Leg press				✓	✓	✓	✓
Hip extn, abd, add (avoid stresses on knee)	✓	✓	✓	✓	✓	✓	✓
	<b>1-2w</b>	<b>3-4w</b>	<b>5-6w</b>	<b>7-12w</b>	<b>4-5m</b>	<b>6-9m</b>	<b>9-12m</b>

<p><b>Cardiovascular</b></p> <p>Stationary bicycle –no toe traps, seated.</p> <p>Step machine /swimming <u>straight leg</u> kick – from 4-5months</p> <p>Running – straight line jog cn start from 6-9 months (depends on rehab progression / strength and range of movement markers)</p>				✓	✓	✓	✓
<p><b>Proprioception</b> (eg, weight transfers, balance board, mini tramp)</p> <p><b>Dynamic stability</b> (eg stepping on/off different surfaces and in all directions)</p> <p><b>Sport specific/agility drills</b> (eg. Shuttle runs, cariocas, figure 8s)</p> <p><b>Plyometrics</b> (eg bounding, hopping, jumping)</p>		✓	✓	✓	✓	✓	✓
<p><b>Activities</b></p> <p>Work – sedentary</p> <p>Work - heavy</p> <p>Driving</p> <p>Sports</p>		✓	✓	✓	✓	✓	✓
				✓**	✓**	✓	✓
				8/52	✓	✓	✓
							✓*

\* progressed within limits of pain, swelling and muscle control. \*\*Dependent on type of employment / sport