

# PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

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## PCL Reconstruction Protocol

### 0 – 3 Weeks:

- Knee Immobilized in the Extension in the Rigid Knee Brace with soft elevation at calf(open the brace intermittently)
- From 3<sup>rd</sup> day NWB.
- Isometric quadriceps
- Ankle toe movements
- Straight leg raises from 7<sup>th</sup> day assisted with rope & progress to independent.
- Hip abduction from 7<sup>th</sup> day.

### 4 – 6 weeks:

#### ***Passive knee bending from 22<sup>nd</sup> day post operative day***

- Gradual bending as tolerated.
- After gaining 30 degrees progress in prone (lying on the tummy) position as shown.
- Full bending will take 3 months

***Start taking partial weight on the operated leg as tolerated & give up the crutches in 1 week (i.e. by 27<sup>th</sup> post op day)***

***Continue using the rigid knee brace till 6<sup>th</sup> week end*** (by then u will have 90 degrees of knee bending & strength in the quadriceps to walk without the rigid knee brace)

***Short Arc Quadriceps as explained (towel role under the upper calf)***

**6 – 8 weeks:**

- Hinged knee cap only for walking for next 2 months (i.e. till 12 weeks post operation)
- Half wall squats
- Straight leg raises with 1 kg ankle weight progress to 2 kgs
- Hip abduction with 1 kg ankle weight progress to 2 kgs.
- Cycling & swimming

**8 weeks onwards:**

- Gym program
  - o Leg press
  - o Half leg extension
  - o Half squats
  - o Calf raises
  - o Hip abduction

AVOID FOLLOWING till the next follow up:

- Lunges
- Treadmill
- Stepper
- Ham-curl