

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

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PCL + PLC + ACL (Multi ligament) Reconstruction Protocol

0 – 6 Weeks:

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

6 – 8 weeks:

Passive knee bending from 40th 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 up to 3 months

Start taking partial weight on the operated leg as tolerated & give up the crutches in 1 week (i.e. by 49th post op day)

Continue using the rigid knee brace till 8th 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)

8 – 10 weeks:

- Hinged knee cap only for walking for next 2 months (i.e. till 12 – 16 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

10 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

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