



Patient Information

Protocol Following: PCL reconstruction Combined PCL & ACL reconstruction or Combined PCL & collateral ligament reconstruction

Pre-Operative:

- IKDC, Koos, Lysholm scores taken.

In theatre:

- IKDC EUA section and Rolimeter.
- Arthroscopic procedure to reconstruct ligament.
- Cryocuff applied beneath cricket pad splint.

Post-op

- Range of movement brace applied 10° - 90° for 6 weeks, to be worn at all times.
- Cryocuff – applied beneath cricket pad and splint.

Day 1

- Drains out.
- Check chest.
- CPM 10° - 90° within brace.
- TAQ's.
- SLR.
- Co-contractions – quadriceps and hamstrings in brace – when not on CPM.
- Out of bed to stand or sit as appropriate.
- To remain **NON-WEIGHT BEARING** for 6 weeks.
- No active ROM exercises, PROM on sliding board with strap.

Day 2

- As for Day 1.
- Practise application / removal of brace, (for bathing only) avoid EOR extension/hyperextension.
- NWB with axillary crutches.
- Practise transfers / stairs with crutches.
- Patella mobilisations.
- General leg exercises hip abd / add and gluts.

Day 3

- As for Day 2.
- Discharge home if pain, wound and mobility satisfactory.
- Outpatient physiotherapy appointment arranged for within 5-7 days post-op.

Goals

- Able to apply brace correctly.



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- Safe on crutches.
- Good co-contraction.
- Absence of contra-indications.
- Understanding of home exercises.

2-6 Weeks

- Gradually increase passive flexion to 90°, on sliding board with strap.
- Calf and gentle hamstring stretches.

Goals

- Flexion to 90°.

6 Weeks

- Range of movement brace unlocked to allow free flexion and extension.
- Commence PWB, initially 25% body weight, gradually increase.
- Active hamstrings as comfort allows.

Goals

- Full extension.
- FWB by 12 weeks.
- Passive flexion.
- Active flexion to 120° by 12 weeks.
- Good co-contraction.
- Decreasing discomfort.

***No resisted hamstrings until 12 weeks.**

Other points to note:

- Closed kinetic chain exercises are the only form of strengthening work used for ACL/PCL combined injuries or reconstructions.
- Open chain quadriceps extension work is allowed for isolated PCL injury/reconstruction but the pad / loop of the strengthening unit must be placed at the ankle to avoid posterior tibial displacement.
- Cycling can start at approximately 6-8 weeks; increase the intensity as weight bearing progresses. Check toes clips are removed; otherwise you encourage resisted hamstring activity.
- Leg press can start at approximately 10 weeks.
- Squats allowed at approximately 12 weeks.
- Proprioception work should begin as soon as FWB allowed.
- *Running can commence at 6 months.

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