

# PCL REHAB PROTOCOL

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Patient\_\_\_\_\_

D.O.S.\_\_\_\_\_

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	MONTH 3			
Weight Bearing	NWB $\xrightarrow{\hspace{2cm}}$			25%	50%	75%	75%	100%	100%			
Brace Settings	10/10	10/10	10/10	10/10	10/70	20/70	20/90	20/130	d/c week 12			
PROM GOALS	0-30	0-50	0-50	0-60	0-70	0-80	0-90	FULL	FULL			
AROM GOALS	NONE	0-30 EXTENSION ONLY		0-60	0-70	0-80	0-90	FULL	FULL			
PT visits/week	NONE	1-3	1-3	1-3	1-3	1-3	1-3	1-3	1-3			
SHOWER	WITH BRACE			WITHOUT BRACE		SLEEP WITHOUT BRACE						
<b>EXERCISES</b> *follow all weight-bearing & ROM precautions*	<b>QUAD SETS</b> SLR's with brace <span style="float: right;">without brace</span> <b>PATELLAR MOBS</b> <b>UBE</b> MULTI-HIP ISOTONICS (NO HIP EXTENSION) SHORT ARC QUADS (0-30) *Active extension limited to 0-30 until MONTH 4* $\xrightarrow{\hspace{1cm}}$ Add CKC per WB guidelines											
	MONTH 4			MONTH 5			MONTH 6			BAPS per WB guidelines SOLEUS TOTAL GYM-PARTIAL SQUATS per WB guidelines		
	PT VISITS 1-3 X WEEK			QUAD EXT 0-70			MONTH 7 QUAD EXT 0-80 MONTH 8 QUAD EXT 0-90 MONTH 9 QUAD EXT 0-100			HEEL RAISES LEG PRESS (both legs) $\xrightarrow{\hspace{1cm}}$ (single leg)		
	NORDIC TRACK			ROWING			STATIONARY BIKE					
	OUTDOOR CYCLING			NOTE: *PT visits/wk may vary. *Individual exercise progression may vary. *FOLLOW MD's INSTRUCTIONS.			RETURN TO SPORTS at MONTH 12 with derotational brace. MUST have full ROM, quad & ham strength, and no swelling.			TREADMILL WALKING		
	STAIRMASTER									SPORT CORD		
	ROLLERBLADING									LAT. AGILITY		
	GOLF no spikes with spikes									LAT. STEP-UPS		
				HAM CURLS								
				PLYOMETRICS								

Reviewed February 2018

**ANY QUESTIONS? PLEASE CONTACT:** NORTHWOODS THERAPY ASSOCIATES      Altoona, WI      715-839-9266  
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