



KNEEbraska
 Matthew R. Byington, DO
 Orthopaedic Surgeon—Board Certified
 Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction
 Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506
 Phone: (402) 489-4700 Fax: (402) 489-5220
www.KNEEbraska.com // www.drmatbyington.com // www.prairie-ortho.com

REHABILITATION GUIDELINES: KNEE PCL & POSTEROLATERAL CORNER RECONSTRUCTION

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|---------------------------------|--|---|---|--|
| PHASE I 0-6 weeks | Heel touch WB in brace * | 0-2 weeks: Locked in full extension for ambulation and sleeping 2-6 weeks: Unlocked for ambulation 0-90, remove for sleeping** | 0-2 weeks: 0-45 2-6 weeks: Advance slowly 0-90 | Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Hamstrings avoidance until 6 wks post-op |
| PHASE II 6-12 weeks | Advance 25% weekly until full by 8 wks | Discontinue at 6 wks if no extension lag | Full | Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core |
| PHASE III 12-16 weeks | Full | None | Full | Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks |
| PHASE IV 16-24 weeks | Full | None | Full | 16 wks: Begin jumping 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills |
| PHASE V > 6 months | Full | None | Full and pain-free | Gradual return to sports participation after completion of FSA*** Maintenance program based on FSA |

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

**Brace may be removed for sleeping after first post-operative visit (day 14-20)

***Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab