

PCL (Non-Operative)

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-3 HEP daily	Decrease pain/inflammation Early protected ROM Prevent quadriceps atrophy Patient education	Crutches (PRN): WBAT Hinge knee brace: <ul style="list-style-type: none"> • Week 1: 0-60° • Week 2: 0-90° • Week 3: 0-115° Avoid active knee flexion	Begin biking 2 weeks post-operation Strengthening drills: emphasize quads (SLR, knee extensions 0-60°, mini-squats 0-50°, leg press 30-90°) Ice and modalities to reduce inflammation
Weeks 4-6 HEP daily	ROM 0-125°	Avoid active knee flexion	Continue and advance strengthening Proprioception training Endurance work Pool running/Alter-G progress to full Progress to agility drills when appropriate
Weeks 7-12 HEP daily	Full strength and ROM Gradual increase to full activity level Will discuss brace cessation	Gradual RTP	Continue flexibility, strengthening and proprioception training Initiate sport/activity specific drills

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