

PCL Allograft Reconstruction

Pt Name: _____

Dr: Alexander Strassman, DO

Date

:

ROM RESTRICTIONS

BRACE SETTINGS

0-0 x 6 weeks

WB STATUS

TIME LINES

Week 1 (1-7 PO)
 Week 2 (8-14 PO)
 Week 3 (15-21 PO)
 Week 4 (22-28 PO)

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - prone	●	●	●	●	●	●	●	●						
Flexion/Ext - seated/calf assisted	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization (no hyperext)	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets								●	●	●	●			
Sit/Reach hamstrings (no hypertext)					●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises							●	●						
Balance series							●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance							●	●	●					
Bike with both legs - resistance								●	●	●	●	●	●	●
Aqua-jogging							●	●	●	●	●	●	●	●
Treadmill - walking 7% incline							●	●	●	●	●	●	●	●
Swimming with fins								●	●	●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends										●	●	●	●	
Double leg bridges										●				
Reverse lunge - static holds										●				
Beginning cord exercises										●	●			
Balance squats											●	●	●	●
Single leg dead-lift											●	●	●	●
Leg press											●	●	●	●
Sports Test exercises												●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression														●
Initial - single plane														●
Advance - multi directional														●
Functional sports test														●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf progression													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●

Therapist Name: _____

