



PCL, PLC, Medial Meniscus Root Repair



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PCL, PLC, Medial Meniscus Root Repair - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L PCL, PLC, Medial Meniscus Root Repair

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

Phase I (0-6 Weeks)

WBS: Heel Touch WB in brace

Brace: 0-3 weeks – worn at all times except bathing and therapy, locked in extension during ambulation and sleep

3-6 weeks – brace can be unlocked 0-90° during mobilization/ambulation, brace may be removed during sleep

ROM: 0-2 weeks – 0-50°

2-6 weeks – 0-90°, advance slowly (~10° weekly in rehab/HEP)

Exercises: Modalities per PT

Focus on quad sets, quad activation, SLR, stretching, PROM/AAROM/AROM

Side-lying Hip/Core

AVOID hamstring activation until 6+ weeks post-op

Phase II (6-12 Weeks)

WBS: Advance 25% per week, goal is FWB by week 8-10, **NO WEIGHT-BEARING WITH FLEXION >90°**

Brace: Unlocked, worn at all times when active except for rehab, sleep, and rest

ROM: Continue to advance ROM past 90°, Goal: Full ROM at week 12

Exercises: (Continue Phase I if not complete)

Modalities per PT (Continue Phase I)

NO EXERCISES PAST 90° (stretching/ROM ok)

Closed chain quad sets 0-90°

Balance exercises

May begin Hamstring activation and therapy

Stationary bike

Step-ups

Phase III (12-16 Weeks)

WBS: Full

Brace: Worn when in public, may remove at home and during rehab

ROM: No restrictions

Exercises: Modalities per PT (Continue Phase II)

Advance closed chain strengthening

Progress proprioception activities

Begin stairmaster, elliptical

Signature: _____

Date:

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Phase IV (16-26 Weeks)

WBS: Full
Brace: None
ROM: No restrictions
Exercises: Modalities per PT (Continue Phase III)
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)

WBS: Full
Brace: None
ROM: No restriction, pain free
Exercises: Modalities per PT
Continue Phases I-IV
Gradual return to sports participation after completion of FSA***
Maintenance program based on FSA

Clearance for Discharge

1. Full, pain-free ROM
2. Strength 85-90+% of contralateral knee
3. Completion of Functional Sports Assessment (FSA) – not required but *highly* recommended***
4. Cleared by Physician after final visit