



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

\*\*\*Please fax initial assessment and subsequent progress notes directly to DM Ortho at 303-789-3010\*\*\*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: R / L

Date of Surgery: \_\_\_\_\_

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: \_\_\_\_\_

#### **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