

## PLC REPAIR OR RECONSTRUCTION REHAB PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> <b>0-6 weeks</b>	TTWB in brace *	0-2 weeks: Locked in full extension for ambulation and sleeping  2-6 weeks: Locked for ambulation, may unlock to achieved motion for sedentary positions. Continue for sleep	0-2 weeks: lock in extension  2-6 weeks: Advance slowly 0-90	<ul style="list-style-type: none"> <li>E-stim, biofeedback</li> <li>Quad sets, 4 way patellar mobs, gastroc/soleus stretch</li> <li>SLR w/ brace in full extension</li> <li>Side-lying hip/core (Avoid VARUS STRESS)</li> <li>Hamstrings avoidance until 8 wks post-op</li> <li>Avoid prone hangs</li> </ul>
<b>PHASE II</b> <b>6-8 weeks</b>	Begin 50% WB  Advance to FWB by 8 weeks and wean off crutches	Open to ambulate and wean out of brace when adequate quad control and normal gait  Remove for sleeping	Progress active and passive ROM as tolerated	<ul style="list-style-type: none"> <li>Continue phase I</li> <li>Gait training</li> <li>May add prone hangs if extension lacking</li> </ul>
<b>PHASE III</b> <b>8-12 weeks</b>	WBAT	Functional bracing dependent on patient activity and doctor recommendation	Progress to full	<ul style="list-style-type: none"> <li>Continue Phase I and II</li> <li>Begin toe raises</li> <li>May begin stationary bike with no resistance when motion allows</li> <li>Begin closed chain exercises, mini squats (0-45), short arc quad (0-45), leg press (0-60)</li> <li>Balance and proprioceptive exercises</li> <li>Begin active hamstring exercises</li> <li>Treadmill walking</li> <li>Hip and core strengthening</li> </ul>
<b>PHASE IV</b> <b>12-24 weeks</b>	Full	Functional bracing dependent on patient activity and doctor recommendation	Full	<ul style="list-style-type: none"> <li>Advance closed chain strengthening</li> <li>Progress proprioception activities</li> <li>Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike</li> <li>Stairmaster and swimming (flutter kick) okay at 14 weeks</li> <li>Jog to run progression at 4 months</li> </ul>
<b>PHASE V</b> <b>&gt; 24 weeks</b>	Full	Functional bracing dependent on patient activity and doctor recommendation	Full and pain- free	<ul style="list-style-type: none"> <li>Continue and progress strengthening program based on goals and deficits</li> <li>Agility progression when criteria met: side steps, crossovers, figure 8 running, shuttle run, one and two leg jumping, cutting, acceleration deceleration sprints, agility ladders</li> <li>Initiate plyometric program as appropriate for patient goals</li> <li>Initiate sport specific drills as appropriate</li> <li>Gradual return to sports participation</li> <li>Maintenance program</li> </ul>

