

# PCL Reconstruction/ACL Reconstruction/Biceps Repair/Lateral Capsular Repair/ Peroneal Nerve Neurolysis

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

● = Do exercise for that week

Week

**ROM RESTRICTIONS**  
PRONE  
0-90 x 6 weeks

**BRACE SETTINGS**  
PCL Jack  
Brace

**Weight Bearing status**  
NWB x 6 weeks

**TIME LINES**  
Week 1(1-7POD)  
Week 2(8-14POD)  
Week 3(15-21POD)  
Week 4(22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension – prone with brace	●	●	●	●	●	●	●	●						
Flexion/Ext – seated/calf assisted	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization (no hyperext)	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets (no isolated for hamstrings for 4 mos.)												●	●	●
Sit and reach for hamstrings (no hypertext)					●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Crutch weaning							●	●	●					
Toe and heel raises								●						
Balance series								●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike with both legs – no resistance							●	●	●					
Bike with both legs - resistance								●	●	●	●	●	●	●
Aquajogging										●	●	●	●	●
Treadmill – walking 7% incline									●	●	●	●	●	●
Swimming with fins – light flutter kick											●	●	●	●
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 deadlift											●	●	●	●
Leg press (max. knee flexion 70°)							●	●	●	●	●	●	●	●
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														●

\*Avoid posterior tibial sag, avoid tibial external rotation x 4 months.

\*Hold open chain hamstring exercise x 4 months.

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