

PCL Reconstruction/ACL Reconstruction/ Medial Collateral Ligament



Name: _____

Dr: Benjamin Petre, MD

Date: _____

● = 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 with brace	●	●	●	●	●	●	●	●	●	●	●			
Flexion/Ext – seated/calf assisted								●	●	●	●			
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets												●	●	●
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											●	●	●	●
Limited Leg press (max 70° knee flexion)							●	●	●	●	●	●	●	●
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, soccer after 7-9 months														

ROM RESTRICTIONS

Prone
0-90 x 2 weeks

BRACE SETTINGS

0-0 x 6weeks

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)

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

*Hold open chain hamstring exercise x 4 months.

Benjamin M Petre, MD | 2000 Medical Parkway, Annapolis MD 21401 | 410.280.4717

<http://drpetre.com> ben@drpetre.com