



KUCHING SPECIALIST HOSPITAL SDN BHD (258493-K)

(Formerly known as PUTERI HEALTHCARE SDN BHD)

(A Member of KPJ Healthcare Berhad)

Lot 10420, Block 11, Tabuan Stutong Commercial Centre, Jalan Setia Raja, 93350 Kuching, Sarawak, Malaysia.

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Protocol following PCL reconstruction
Combined PCL & ACL reconstruction
OR Combined PCL & collateral ligament
reconstruction

Post Op: Range of movement brace applied $0^{\circ} \Rightarrow 90^{\circ}$ for 6 weeks

Day 1:

- Drains out
- Check chest
- TAQ's
- Co-contractions - quadriceps and hamstrings in brace
- Out of bed to stand or sit as appropriate
- To remain NON-WEIGHTBEARING for 6 weeks.

Day 2:

- As for Day 1
- Practise application/removal of brace
- Progress with gain re-education, NWB with auxillary crutches
- Practise transfers/stairs with crutches

Day 3:

- As for Day 2
- Discharge home if pain, wound and mobility satisfactory
- Outpatient Physiotherapy arranged for within 10 days of discharge

GOALS:

- Able to apply brace correctly
- Safe on crutches
- Good co-contraction
- Absence of contra-indications
- Grasp of exercises

2-6 weeks:

- Gradual increase flexion to 90°
- SLR
- SQC
- Patellar mobilisation
- Calf stretching and strengthening
- Hip abduction and extension exercises

GOALS:

- Flexion to 90°

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Senior 1 Physiotherapist
R.I.E.
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equ-list/pclrec.doc



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6 weeks:

- Range of movement brace unlocked to allow free flexion
- Commence PWB, initially 25% body weight, gradually increasing.

GOALS:

- Full extension
- FWB by 12 weeks
- Passive flexion
- Active flexion to 120 by 12 weeks
- Good co-contraction
- Decreasing discomfort.

No registered hamstrings until ¹²~~6-8~~ weeks. + *then between 0-50°*

Other points to note:

- Closed kinetic chain exercises are the only form of strengthening work used for ACL/PCL combined injuries or reconstructions.
- Open chain quadriceps extension work is allowed for isolated PCL injury/reconstruction but the pad/loop of the strengthening unit must be placed at the ankle to avoid posterior tibial displacement.
- Cycling can start at approximately 6-8 weeks, increase the intensity as weight bearing progresses. Check toe clips are removed, otherwise you encourage resisted hamstring activity.
- Leg press can start at approximately 10 weeks.
- Squats allowed at approximately 12 weeks.
- Proprioception work should begin as soon as FWB allowed.
- Running can commence at 6 months.