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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Multiligament knee reconstruction (PCL, PLC)

Phase I: 0-6 weeks

- Edema and pain control
- Weight bearing status:
 - o Heel touch WB in brace locked in extension
- ROM:
 - o 0-2 weeks: none
 - o 2-4 weeks: 0-45 degrees
 - o 4-6 weeks: 0-90 degrees
- Brace:
 - o 0-4 weeks: locked in extension except when working on ROM
 - o 4-6 weeks: 0-90 degrees
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps, side lying hip/core

Phase II: 6-12 weeks

- WB status: slowly advance until full by 12 weeks in brace
- ROM: progress to full
- Brace: medial unloader brace
- Exercises: Phase I + toe raises, balance exercises, stationary bike; avoid hamstring exercises early

Phase III: 12-16 weeks

- WB status: Full without brace
- ROM: full
- Brace: medial unloader brace
- Exercise: Phase II + advance close chain strengthening, progress proprioception activities, close chain quads, hamstring curls, step-ups, front/side planks

Phase IV: 4-18 months

- WB status: full without brace
- ROM: full
- Brace: wean off
- Exercise: Phase III + advance closed chain exercises, stairmaster, elliptical, begin running straight ahead
 - o 6 mo: begin jogging
 - o 12 mo: advance to running and sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport specific drills
 - o 15-18 mo: advance as tolerated; **strength evaluation**