

Double Bundle PCL Reconstruction/ ACL Reconstruction/ MCL Reconstruction

Name: _____
 Dr: Robert F. LaPrade, M.D., Ph.D. Date: _____

● = Do exercise for that week

ROM RESTRICTIONS

PRONE
0-90 x 2 weeks,
then progress
as tolerated

BRACE SETTINGS

PCL Jack
Brace x 6 mos.

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)

	Week																																		
	1	2	3	4	5	6	7	8	9	10	12	14	16	18	20	22	24	1	2	3	4	5	6	7	8	9	10	12	14	16	18	20	22	24	
Initial Exercises																																			
Flexion/Extension – prone	●	●	●	●	●	●	●	●																											
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	14	16	18	20	24	1	2	3	4	5	6	7	8	9	10	12	14	16	18	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	14	16	18	20	24	1	2	3	4	5	6	7	8	9	10	12	14	16	18	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°)-limited																																			
Sports Test exercises																																			
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	14	16	18	20	24	1	2	3	4	5	6	7	8	9	10	12	14	16	18	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	14	16	18	20	24	1	2	3	4	5	6	7	8	9	10	12	14	16	18	20	24			
Golf progression																																			
Outdoor biking, hiking, snowshoeing																																			
Skiing, basketball, tennis, football, soccer																																			

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 *Avoid posterior tibial sag, avoid tibial external rotation x 4 months.
 *Hold open chain hamstring exercise x 4 months.