

# Double Bundle PCL Reconstruction/ ACL Reconstruction/ MCL Reconstruction

Center for Athletic Medicine – Dr. Preston Wolin

\*Please call 773.248.4150 with any and all questions\*

Adapted from Robert F. LaPrade, M.D., Ph.D. (Howard Head Sports Medicine Clinic)

		● = Do exercise for that week															
		Week															
<b>ROM RESTRICTIONS</b>		<b>Initial Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
PRONE 0-90 x 2 weeks, then progress as tolerated	Flexion/Extension – prone	●	●	●	●	●	●	●	●	●							
	Flexion/Ext – seated/calf assisted	●	●	●	●	●	●	●	●	●							
	Patella/Tendon mobilization	●	●	●	●	●	●	●	●	●							
	Extension mobilization (no hyperext)	●	●	●	●	●	●	●	●	●							
	Quad series	●	●	●	●	●	●	●	●	●							
<b>BRACE SETTINGS</b>	Hamstring sets (no isolated for hamstrings for 4 mos.)													●	●	●	
	Sit and reach for hamstrings (no hypertext)					●	●	●	●								
	Ankle pumps	●	●	●	●	●	●	●	●	●							
	Crutch weaning							●	●	●							
	Toe and heel raises								●	●							
PCL Jack Brace x 6 mos.	Balance series								●	●	●	●	●	●	●	●	
	<b>Cardiovascular Exercises</b>	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															●	
Weight Bearing status	Treadmill – walking 7% incline									●	●	●	●	●	●	●	
	Swimming with fins – light flutter kick															●	
	Elliptical trainer											●	●	●	●	●	
	Rowing												●	●	●	●	
	Stair stepper												●	●	●	●	
<b>TIME LINES</b>	<b>Weight Bearing Strength</b>	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°)- limited							●	●	●	●	●	●	●	●	●	
	Sports Test exercises																●
	<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	24	32		
	Running progression																●
	Initial – single plane																●
	Advance – multi directional																●
	Functional sports test																●
	<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	36		
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.