



DR. **ANNE
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SPECIALIST ORTHOPAEDIC SURGEON - JHB
MBBCH (WITS), FC ORTH (SA), MMED ORTHO (WITS)
PRACTICE NO. PR0705624 VAT NO. 4160283182

Name:				Date of surgery:	
Phase	Mobilization	ROM	Use of brace	Exercises/Strengthening	Precautions
Phase 1: Protection Phase Weeks 0-6	NWB x 0-1 weeks	PCL brace, full extension (0°)	Brace on day and night	Adductor sets / Static Quads / Ankle pumps / Hams / Calf stretch / SLR – supine and side lying (<u>NOT</u> hip <u>extension</u>)/ Multi- angle isometrics / Well leg stationary cycling / UBE for cardiovascular / upper body & trunk weights	Avoid isolated OKC hamstring exs ***Avoid touching portal area in weeks 0 - 4
	WBAT/ Touch WB with crutches x 2-3 weeks				
	TWB Weeks 4-6 with crutches			Weeks 4 – 6: Above exs <u>plus</u> Patella mobs / patella tendon mobs / portal care/ supervised passive flexion 0 – 70 degrees weeks 4-6	Prevent hyperextension and posterior tibial translation
Phase 2: Weeks 7-12	FWB / wean off crutches	ROM Brace: (0° - 70° only)	ROM brace on when up and about	Soft tissue, patella & joint mobs, supervised passive prone ROM from 0 to 90 degrees of knee flexion, advancing to full passive prone ROM as tolerated; add lateral training exs (lateral step ups, lateral steps); increase resistance of other exs	

Phase 3: Weeks 13 - 18	FWB	Permit full ROM	ROM brace on when up and about	Increase strength, power and cardiovascular conditioning; max eccentric focused training program; ROM brace for sports and ballistic exs; return to low impact activities	Emphasis on exercise technique
		WB exercise progressing past 70° of knee flexion after 16 weeks			
Phase 4: Weeks 19 - 24	FWB	Permit full ROM	ROM brace when up and about	Single leg Balance / Proprioceptive Drills / Mini squats / Single leg heel raise / IRQs / LAQs / Cycling, with gentle resistance / Single Leg Squat / Hip Hitch / Leg Press – 60dg / Step-Ups / Pool jogging / Cross trainer / Split Lunge / Resisted crab walks	
Phase 5: Weeks 25 - 36	FWB	Permit full ROM	Wean from brace	Landing Drills – Double -> Single Leg / Hopping Drills / Linear Running Drills / Multi-direction Drills / Rebound Drills / Plyometric Drills / Sports Specific Drills	
As everyone progresses at different rates, the rehabilitation programme should focus on criteria based progression, rather than timeline based progression. For each exercise, it is imperative to have consistent sequential progressions. Once the patient / athlete is proficient with execution of a particular exercise, the exercise can be increased in complexity, with emphasis on technique efficiency. Please contact Dr. Maina's office if you have any questions: 011 278 8758					