

Therapist \_\_\_\_\_

**COMBINED RECONSTRUCTIVE SURGERY REHABILITATION PROTOCOL  
POSTERIOR CRUCIATE LIGAMENT AND POSTEROLATERAL RECONSTRUCTION  
(BICEPS TENODESIS)**

**Pre-op Instructions**

- \* Gait Training - Weight bearing as tolerated with crutches.
- \* Instruction in immediate post-op activities/hospital course
- \* Brace stays on for all exercises. Can open brace to put muscle stimulator on and to do patella mobilizations.

**I. IMMEDIATE POSTOPERATIVE PHASE**

**POD 1 to 4**

Brace - EZY Wrap locked at 0 degrees or full extension.

Weight Bearing - Two Crutches and progress to full weight bearing as tolerated.

Exercises

- \* Ankle pumps
- \* Patella mobilization and passive extension to zero
- \* Quad sets, adductor sets with QS, glut sets
- \* Leg raises in supine, and on unaffected side

Ice and Elevation - Ice 20 minutes out of every hour and elevate with knee in extension.

**II. MAXIMUM PROTECTION PHASE (POD 5 to Week 8)**

**POD 5 to 2 Weeks**

Brace - Still locked in full extension

Weight Bearing - Progress to full weight bearing without crutches

Exercises

- \* Continue prior exercises and begin PRE's with leg raises

**Post-op 6 Weeks**

Brace - Discharge brace.

Exercises

- \* Work toward regaining full active flexion seated - not against gravity.

- \* Start exercise bike and swimming emphasizing range of motion
- \* Start PRE's for quad only

### III. **MINIMAL PROTECTION PHASE - (Weeks 8-12)**

#### **Post-op 10 Weeks**

##### Exercises

- \* Begin hamstring work against gravity and then start PRE's.
- \* Continue all strengthening exercises

#### **Post-op 12 Weeks**

KT 2000 Test - Performed

##### Exercises

- \* Continue Mini-Squats
- \* Initiate Lateral Step Ups
- \* Initiate Pool Running (Forward Only)
- \* Hamstring Curls (0-60, Low Weight)
- \* Bicycle for endurance (30 Minutes)
- \* Begin walking program

### IV. **LIGHT ACTIVITY PHASE (3-4 months)**

**GOALS:** Development of strength, power, endurance  
Begin to prepare for return to functional activities

##### Exercises

- \* Begin light running program
- \* Initiate isokinetics (light speed, full ROM)
- \* Continue eccentrics
- \* Continue mini-squats/lateral step ups
- \* Continue closed kinetic rehab
- \* Continue endurance exercises

##### Tests

- \* Isokinetic test (15th week)
- \* KT 2000 Test (prior to running program)
- \* Functional test (prior to running program)

##### Criteria for Running

- \* Isokinetic test interpretation satisfactory
- \* KT 2000 Test unchanged

- \* Functional test 70% of contralateral leg

**V. RETURN TO ACTIVITY PHASE (5-6 months)**

Advance rehabilitation to competitive sports

**GOALS:** Achieve maximal strength and further enhance neuromuscular coordination and endurance

Exercises

- \* Closed kinetic rehab
- \* High speed isokinetics
- \* Running program
- \* Agility drills
- \* Balance drills
- \* Plyometrics initiated
- \* Gradual return to sport activities

Criteria to return to sport activities

- \* Isokinetic quad torque to body weight ratio
- \* Isokinetic test 85% > of contralateral side
- \* No change in laxity
- \* No pain/tenderness or swelling
- \* Satisfactory clinical exam

**6 MONTH FOLLOW-UP**

- \* KT 2000 Test
- \* Isokinetic Test
- \* Functional Test

**12 MONTH FOLLOW-UP**

- \* KT 2000 Test
- \* Isokinetic Test
- \* Functional Test