

Gregory Galano, MD
www.gregorygalanomd.com
phone: 212-737-3301
fax: 212-734-0407
license #: 241830

Patient Name:

Date:

Date of Surgery:

**Knee Arthroscopy Rehabilitation:
PCL Reconstruction**

2 Weeks

- Anti-inflammatory modalities / patellar mobilization
- ROM: flexion to 90 degrees maximum / Achieve terminal extension
- Weight bearing: ___NWB ___TTWB ___PWB (___lbs) ___WBAT
- Straight leg raises
- No open chain quad exercises
- Brace on at all times
- Short crank bike at 4 weeks if tolerated

6 Weeks

- Begin squat/step program
- Begin proprioception program
- Begin quadriceps isotonic with proximal pad in 90° - 40° arc
- Continue closed chain quadriceps strengthening in 90 deg arc (leg press, wall slides)
- Nordic track if available
- Hip Strengthening
- Hamstring (isometric only), Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Anti-Inflammatory Modalities
- Closed chain stationary bike - minimal resistance up to 20 minutes

12 weeks

- Quadriceps isotonic - full arc for closed chain. Open chain: 90° - 40° arc.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- OK to walk on treadmill (forward) & slow retrostep
- Begin running program at 18 weeks
- KT-1000 test
- Continue isolated muscle stretching & strengthening / Continue bike

24 weeks

- Full arc progressive resistance exercises - emphasize quads
- Agility drills
- Advanced functional exercises
- Progress running program - cutting
- KT-1000 test
- Isokinetic test at 60°/second, 180°/second, 240°/second

Please send progress notes.

DURATION: 2x/week x 4 weeks

Physician's Signature: _____
Gregory Galano, MD