

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

PCL and/or PLC

**Protocol assumes concomitant pathology. Please discuss specifics and preferences with surgeon.*

Phase 1 – MOTION AND MOBILITY

Week 0-6

Patellar mobilizations, including quad & patellar tendon
Quad sets with towel placed behind tibia (with NMES, biofeedback)
SLR in brace
ROM: limited 0-90° with passive prone flexion or seated with manual anterior tibial translation
* No bike
* No isolated hamstring activation
ROM: 0-90° passively with prone knee flexion; NO wall slides
Brace: Locked at 0° x 6 weeks
Weight-bearing: PWB x 6 wks

Phase 2 – ENDURANCE

Week 7-12

Progress to full knee ROM. Minimize posterior tibial translation
Initiate bike for motion
Initiate hamstring activation but without resistance until 12 weeks
Gait normalization and pool walking
Double leg shuttle leg press for muscle activation
Begin double knee bends/mini squat at week 10
ROM: Progress to full
Brace: 0-90° for ambulation
Weight-bearing: WBAT with brace locked at 0° weeks 7-8
WBAT with brace 0-90° weeks 9-12

**Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Week 13-24

Closed-chain progression (including squat, lunge, step-up, bridge)
Progress from double leg → single leg; from stable → unstable surfaces
Balance progression
Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
Bike for cardiovascular endurance
Initiate resisted hamstring activities
* No transverse/rotational activities until 6+ months

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 24+

Initiate squat jump progression from shuttle to gravity dependent position
Sport-specific movement patterns practiced in supervised and controlled environment
Graded re-integration into sport activities with MD and PT clearance

Return to Activities

See functional criteria

Running: 6 months

Golf: Short irons at 5 months, full swing with long irons at 6 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 9-12 months at earliest

Surgeon Comments: