
Management procedure after the posterior cruciate ligament (PCL) reconstruction with or without reconstruction of the postero lateral corner (PLC)

Walking – with crutches up to the 7th week

Stabilizer – extensory splint put on directly after the reconstruction with a posterior support that can be removed only during exercises up to the 6th week. In the 7th week we change the splint and put on a „cage" type stabilizer for another 12 weeks.

Passive exercises – without muscle action (done by another person). The stabilizer must be taken off during the exercises. The person doing the exercise always supports the lower leg to the front. The flexion limit during passive exercises:

- 20° during the first two weeks
- 45° during the 3rd and 4th weeks
- 60° during the 5th and 6th weeks

Weight bearing of the treated limb:

- touching the floor with the foot with no weight bearing for the first 2 weeks after the surgery
- weight bearing up to 20kg (check on scales at home) in the 3rd and 4th weeks after the surgery
- 50% of body weight in the 6th week after the surgery
- gradual increase of weight bearing to reach the maximum weight bearing, still using the crutches (gradual discontinuation) – 7th and 8th weeks.

48 hours after the surgery : raise the lower limb, flex it as many times as possible.
Cooling: 4 times a day for 20 minutes (ice in a towel, temperature 8-10°).

Basic information see: Post operative management after joint arthroscopy.

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