

Centers for Advanced Orthopedics

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PCL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I				
0 - 2 weeks	Toe touch weight bearing	Locked in full extension	0-90	Quad sets, ankle pumps, SLR, hip ab/adduction, hamstring/calf stretch, calf press with theraband, patellar mobilization
2-4 weeks	Advance to full	Unlocked for PT and ambulation	passive only** to tolerance	Add chair slides, passive ROM in prone position
PHASE II				
4 - 12 weeks	Progress to full	4-6 weeks: unlocked for all activities 6 weeks: discontinue use with good control and no extension lag	Maintain full extension and progressive flexion	4-8 weeks: gait training, wall slides, mini-squats, resisted hip exercises in standing*** 8-12 weeks: stationary bike with light resistance (to begin) and seat higher than normal, closed chain terminal knee extensions, Stairmaster, balance and proprioception activities, leg press (limiting knee flexion to 90°), open chain quad ranging from 0 - 90 degrees
PHASE III				
12 weeks - 4 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception and balance activities, maintain flexibility
4 mo - 7 mo	Full	None	Full	Treadmill walking, advance to jog Add hamstring curls for strengthening Progress to sprinting and cutting with functional progress
PHASE IV				
7 months and beyond	Full	None	Full and pain-free	Maintain strength, endurance, and function, begin sport-specific functional progression (backward running, cutting, grapevine, etc.), progress running, initiate a plyometric program Return to sports in PCL brace until 1 year post-op

**Maintain anterior pressure on proximal tibia as knee is flexed - prevent posterior sagging at all times

***Resistance must be proximal to knee with hip ab/adduction exercises

