

Centers for Advanced Orthopedics

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PCL and PLC RECONSTRUCTION REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | THERAPEUTIC EXERCISES |
|----------------------------|---|--|---|--|
| PHASE I | | | | |
| 0 - 3 weeks | Non - weight bearing | Locked in full extension | None | Quad sets, ankle pumps, SLR, hip ab/adduction, hamstring/calf stretch, calf press with theraband, patellar mobilization |
| 3 - 6 weeks | Non - weight bearing | 3 - 6 weeks: locked in full extension for ambulation - removed for exercise | passive only** to tolerance 0 to 70 degrees | Add chair slides, passive ROM in prone position |
| PHASE II | | | | |
| 6 - 12 weeks | Weeks 6 - 10: Progress 25% per week until full weight bearing at 10 weeks | 6-10 weeks: unlocked for all activities 10 weeks - 4 mo: Varus unloader brace | Maintain full extension and progressive flexion | 6-8 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°) |
| PHASE III | | | | |
| 12 weeks - 4 months | Full, without use of crutches and with a normalized gait pattern | Varus unloader brace | 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 |
| 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 to running, initiate a plyometric program Return to sports with 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