Post-operative Rehabilitation Protocol

Posterior Cruciate Ligament (PCL) Reconstruction or Repair

General Guidelines	 Physical therapy should begin 5-7 days after surgery You will be Touch down weight bearing with crutches for 6 weeks after surgery Rest, ice, compression, elevation recommended for first 48 hours Avoid hamstring activation for 6 weeks post-op Dynamic PCL brace will be work for minimum 6 months post op Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Protection Weeks 0 - 6	0-2 wks: 0-90° Passive ROM (Prone only) 2-6 wks: 0-90° Active assisted ROM (Prone only)	0-2 wks: Locked in extension full time and for sleeping 2-6 wks: Transition to Dynamic (Rebound) PCL Brace	Touch down weight bearing ONLY <u>Exercises</u> : straight leg raises with brace locked in extension, quad sets, multiple angle quad isometrics: 20 – 60 degrees
Phase 2 – Early Loading Weeks 6 - 12	Progress to full ROM Advance weight bearing 25% every 3-4 days until full WB at 8 wks	Dynamic PCL Brace Full time	Exercises: Once normalized gait → begin balance exercises, Step-ups, Hamstring isometrics, Mini squats (60°) Begin stationary bike low resistance. Leg press maximum of 70° Knee flexion Initiate step-down program 8-10 weeks
Phase 3 – Strength Weeks 12 - 20	Full, pain-free ROM	Dynamic PCL Brace Full time	<u>Exercises</u> : Leg press/squats (0 - 80° arc) Proprioception training, lunges, start slow treadmill walking and progress to jogging
Phase 4 – Weeks 20 - 24	Full, pain-free ROM	Dynamic PCL Brace	<u>Exercises</u> : Sport-specific exercises. Zero-G running. Can begin jumping at 16 weeks. Begin jog-run program at 20 weeks if 80% strength. Consider functional sports assessment at 24 weeks
Phase 5 – Weeks 20+	Full, pain-free ROM	Dynamic PCL Brace can be D/C'ed at 6 months if stress X- ray <2mm difference	Start running (if satisfactory 8" step-down) Continue strengtheningz <u>Criteria to return to sports</u> : At least 90% limb symmetry on hop and isokinetic strength test. No reactive pain or swelling after sport- specific activities. MD Clearance <u>Encourage maintenance program based on</u> <u>functional sports assessment</u>

