

Post-operative Rehabilitation Protocol

Posterior Cruciate Ligament (PCL) Reconstruction or Repair

General Guidelines	<ul style="list-style-type: none"> - 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 <i>Weeks 0 - 6</i>	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	<u>Touch down weight bearing ONLY</u> <u>Exercises:</u> straight leg raises with brace locked in extension, quad sets, multiple angle quad isometrics: 20 – 60 degrees
Phase 2 – Early Loading <i>Weeks 6 - 12</i>	Progress to full ROM Advance weight bearing 25% every 3-4 days until full WB at 8 wks	Dynamic PCL Brace Full time	<u>Exercises:</u> 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 <i>Weeks 12 - 20</i>	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 – <i>Weeks 20 - 24</i>	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 – <i>Weeks 20+</i>	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 functional sports assessment</u>