

PCL Reconstruction Protocol

PHASE I 0-4 weeks:

- Weight Bearing: Full in Brace
- Brace: 0-2 weeks: Locked in full extension for ambulation and sleeping
- 2-4 weeks: Unlocked for ambulation, remove for sleeping
- Range of Motion: As tolerated
- Exercises: Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Hamstrings avoidance until 6 wks post-op

PHASE II 4-12 weeks:

- Brace: Discontinue at day 28 if patient has no extension lag
- Range of motion: Full
- Exercises: Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core

PHASE III 12-16 weeks:

- Weight Bearing: Full
- Range of Motion: Full
- Exercises: Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks

PHASE IV 16-24 weeks:

- Weight Bearing: Full
- Range of Motion: Full
- Exercises: 16 wks: Begin jumping 20 wks: Advance to sprinting, backward running, cutting/pivoting/ changing direction, initiate plyometric program and sport-specific drills

PHASE V > 6 months:

- Weight Bearing: Full
- Range of Motion: Full and painfree
- Gradual return to sports participation after completion of FSA*** Maintenance program based on FSA *Modified with concomitantly performed meniscus repair/transplantation or articular cartilage