



PCL RECONSTRUCTION REHABILITATION PROTOCOL

		BRACE	ROM	EXERCISES
PHASE I 0-6 weeks	TTWB * only for balance	0-3 days: Locked in full extension for ambulation and sleeping 3 days to 6 weeks: Rebound brace full time	0-2 weeks passive prone ROM 0-90 degrees (2-6 weeks progress prone passive ROM)	SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Active Hamstring avoidance until 6 wks post-op
PHASE II 7-12 weeks	Progress To Full	Discontinue at 24 weeks		Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
PHASE III 13-16 weeks	Full	Discontinue at 24 weeks	Full	Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks
PHASE IV 17-24 weeks	Full	Discontinue at 24 weeks	Full	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	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA*** Maintenance program based on FSA

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

**Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab