

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