

# PCL RECONSTRUCTION REHABILITATION PROTOCOL

|                                 | <b>WEIGHT BEARING</b> | <b>BRACE</b>  | <b>ROM</b>   | <b>EXERCISES</b>  |
|---------------------------------|-----------------------|---|--------------|---|
| <b>PHASE I</b><br>0-4 weeks     | Full w/ brace         | <p><b>0-1 week:</b> Locked in full extension for ambulation and sleeping</p> <p><b>1-4 weeks:</b> Unlocked 0-90 for ambulation, remove for sleeping</p> <p>*Off for hygiene and exercises</p> | As tolerated | <p>Quad sets, patellar and tibiofibular mobs, gastroc/soleus stretch, leg hangs</p> <p>SLR w/ brace in full extension until quad strength prevents extension lag</p> <p>Begin side-lying hip/core</p> <p><b>Hamstrings avoidance until 6 wks post-op</b></p>              |
| <b>PHASE II</b><br>4-12 weeks   | Full                  | None  | Full         | <p>Begin toe raises, closed chain exercises, eccentric quads, balance exercises, step-ups, front and side planks; advance hip/core</p> <p>Start stationary bike as tolerated</p> <p>Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks</p>             |
| <b>PHASE III</b><br>12-16 weeks | Full                  | None  | Full         | <p>Advance Phase II exercises and closed chain; maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance</p> <p>Progress proprioception activities</p> <p>Begin stair master, elliptical at 8 weeks, running straight ahead at 12 weeks</p>        |
| <b>PHASE IV</b><br>16-24 weeks  | Full                  | None  | Full         | <p><b>16 wks:</b> Begin jumping</p> <p><b>20 wks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills</p> <p><b>22 wks:</b> Advance as tolerated</p> <p>FSA completed at 22 wks***</p> |
| <b>PHASE V</b><br>>6 months     | Full                  | None  | Full         | Gradual return to sports participation after completion of FSA and clearance by MD  |

\*Brace may be removed at night after first post-operative visit (day 7-14) if directed

\*If concomitant meniscus repair or cartilage/meniscal transplant is performed, protocol will be modified

\*\*\*Completion of FSA (Functional Sports Assessment/Lower Body Assessment) is not mandatory, but highly recommended at approximately 22 weeks postop for competitive athletes returning to sport