


 REHABILITATION GUIDELINES  
 PCL RECONSTRUCTION OR REPAIR

## 1 WEEK POST-OP

DOS:

- a. Brace locked 0 degrees, WBAT unless concomitant lesion prohibits
- b. Elevate, ice, compression wrap
- c. Quad isometrics
- d. Patellar mobilization
- e. Active ankle AROM
- f. No knee ROM

## 2-4 WEEKS POST-OP

DATE:

- a. Begin therapist assisted prone passive knee flexion with anterior drawer force applied to proximal posterior tibia, ROM not to exceed 0 to 90 degrees
- b. Continue quad isometrics, e-stim to quads
- c. Side-lying straight leg raise in brace
- d. Progress to supine SLR in brace
- e. No unopposed active hamstrings
- f. Crutches, WBAT, brace locked 0

## 5-6 WEEKS POST-OP

DATE:

- a. Gradually progress toward full prone passive flexion with therapist applied anterior drawer
- b. Aggressive patellar mobs
- c. Continue as above with quad development
- d. Wean off crutches, gait training WBAT, brace locked 0 to 90

## 7-8 WEEKS POST-OP

DATE:

- a. AAROM with terminal stretch to achieve full, discontinue therapist applied drawer
- b. No unopposed hamstrings strengthening (curls)
- c. Treadmill walking, may gradually increase incline
- d. Continued focus on quad strength and function
- e. Closed-chain cord resisted strength
- f. Begin two-leg quarter squats
- g. Transition to functional knee brace as swelling permits, wean off nighttime brace use
- h. May spin on stationary cycle without resistance

## 9-12 WEEKS POST-OP

DATE:

- a. Continue full-time use of FKB when up
- b. Progress to single-leg quarter squats when able
- c. Increased duration and resistance on stationary cycle, RPM>60
- d. Increase incline on treadmill to 7-10 degrees, initiate backward treadmill
- e. Continue closed chain strengthening with cord resistance or light weights
- f. Proprioception training
- g. Isometric hamstrings and gastroc strengthening begins

## 13-16 WEEKS POST-OP

DATE:

- a. FKB for training only
- b. Advanced resistance training, primarily closed-chain, knee flexion angle not to exceed 90 degrees.



- c. Hamstring curls with resistance cord, progressing to light weights
- d. May jog on level ground in FKB
- e. Outdoor cycling ok, must remain in seat
- f. Stair-stepper ok in FKB
- g. Sportcord resisted forward, backward, and lateral movement

17-24 WEEKS POST-OP

DATE:

- a. Continue weight training, extra emphasis on quad development
- b. Straight line running permitted, gradually progress to figure 8 runs, carioca, and cutting maneuvers (last couple of weeks)
- c. Plyometrics
- d. Slide and balance board, advanced proprioception
- e. FKB for workouts only, not ADLs

BEYOND 24 WEEKS POST-OP

DATE:

- a. Sport-specific functional progression
- b. Return to sport criteria
  - i. Completed functional progression
  - ii. Adequate muscle development, minimal to no effusion
  - iii. Good Stability
  - iv. FKB until 1 year postop
  - v. Usually 6 months minimum for aggressive sports