



PCL Reconstruction

Phase I (1 – 5 days post-op)

- Brace locked at 0° for first week
- Ambulation WBAT with crutches and brace

Phase II (5 days – 4 weeks post-op)

- Gait: WBAT with crutches and brace locked in extension.
- Brace: At 1 week, brace unlocked for PROM only
- ROM: Protect against posterior tibial sagging
 - PROM in prone from 0 – 60°
 - Patellar mobilization
 - AROM to hip and ankle
- Strengthening:
 - Multi angle quad sets between 0 – 60°
 - Active knee extension from 60° – 0° flexion as quad control is achieved
 - Active hip and ankle exercises with knee in 0° extension
- Modalities:
 - NMES to quads for trace to poor quadricep contraction
 - Prn for pain and inflammation (ice, IFC)

Phase III (4 – 10 weeks post-op)

- ROM: Progress as tolerated
- Strengthening:
 - Wall slides and partial squats to 45°
 - Leg press to 60°
 - Standing TKE
 - Uniplanar balance
 - Progressive resistive hip and ankle exercise

4 – 6 weeks:

- Gait: WBAT with crutches and brace locked
- Brace: Unlocked for controlled gait training, walking during therapy and walking while at home

6 – 8 weeks:

- Gait: WBAT with crutches and brace unlocked
- Brace: Unlocked for all activities
- Preliminary Functional Testing



8 –10 weeks:

- Gait: D/C crutches at 8 weeks if proper quad control is achieved.
May use one crutch or cane until normal gait is achieved
- Brace: D/C at 8 weeks (as allowed by physician)
- Strengthening:
 - Stationary bike
 - Stair-master
 - Balance and proprioceptive activities
 - Leg press to 90° flexion

Phase IV (10+ weeks post-op)

- ROM: Restore any residual loss of motion that may prevent functional progression
- Strengthening: Progress strengthening as tolerated
 - Progress closed-kinetic chain exercise progression
 - Running/Agility drills as allowed by physician
- Functional Testing: less than 25% deficit for a non-athlete, less than 20% for an athlete

Adapted from:

- 1) Brotzman SB, Wilk KE. *Clinical Orthopedic Rehabilitation* Second Edition. Philadelphia: Mosby; 2003
- 2) Kisner C, Colby LA. *Therapeutic Exercise: Foundations and Techniques, 3rd Edition*. Philadelphia: F.A. Davis Company; 1996.
- 3) Wilk KE, Reinold MM, Andrews, JR. *Anterior Cruciate Ligament and Posterior Cruciate Ligament Combined Reconstruction Surgery Rehabilitation Surgery*. Winchester, MA: Advanced Continuing Education Institute, 2004.