

PCL Reconstruction

Phase I (1 – 5 days post-op)

- Brace locked at 0° for first week
- Ambulation WBAT with crutches and brace
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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
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6 – 8 weeks:

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