

## PCL and PLC RECONSTRUCTION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISES</b>
<b>PHASE I</b>				
<b>0 - 3 weeks</b>	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
<b>3 - 6 weeks</b>	Non - weight bearing	<b>3 - 6 weeks:</b> 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
<b>PHASE II</b>				
<b>6 - 12 weeks</b>	<b>Weeks 6 - 10:</b> Progress 25% per week until full weight bearing at 10 weeks	<b>6-10 weeks:</b> unlocked for all activities <b>10 weeks - 4 mo:</b> Varus unloader brace	Maintain full extension and progressive flexion	<b>6-8 weeks:</b> gait training, wall slides, mini-squats, resisted hip exercises in standing*** <b>8-12 weeks:</b> 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 °)
<b>PHASE III</b>				
<b>12 weeks - 4 months</b>	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
<b>4 mo - 7 mo</b>	Full	None	Full	Treadmill walking, advance to jog Add hamstring curls for strengthening
<b>PHASE IV</b>				
<b>7 months and beyond</b>	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