

## PCL RECONSTRUCTION REHABILITATION PROTOCOL

		<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	TTWB * only for balance	<b>0-3 days:</b> Locked in full extension for ambulation and sleeping  <b>3 days to 6 weeks:</b> Rebound brace full time	0-2 weeks passive prone ROM 0-90 degrees (2-6 weeks progress prone passive ROM)	SLR w/ brace in full extension until quad strength prevents extension lag  Side-lying hip/core  Active Hamstring avoidance until 6 wks post-op
<b>PHASE II</b> 7-12 weeks	Progress To Full	Discontinue at 24 weeks		Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<b>PHASE III</b> 13-16 weeks	Full	Discontinue at 24 weeks	Full	Advance closed chain strengthening  Progress proprioception activities  Begin stairmaster, elliptical and running straight ahead at 12 weeks
<b>PHASE IV</b> 17-24 weeks	Full	Discontinue at 24 weeks	Full	<b>16 wks:</b> Begin jumping  <b>20 wks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
<b>PHASE V</b> > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA***  Maintenance program based on FSA

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

\*\*Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab