

PCL Reconstruction Protocol

	Phase I: 0-7 days (PT 1x per week)	Phase II: 1-4 weeks (PT 1x per week)	Phase III: 5-8 weeks (PT 2-3x per week)
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> Progress from TTWB to PWB (25-50%) with brace locked in full extension Brace locked in full extension at all times 	<ul style="list-style-type: none"> Progress from PWB (25-50%) to WBAT with crutches with brace locked in full extension At rest, place pillow/bump behind proximal tibia to prevent posterior tibial sag 	<ul style="list-style-type: none"> WBAT with crutches with brace 0-90° and then unlock as tolerated Discontinue brace and crutches at 6-8 weeks when no extension lag with SLR, excellent quadriceps control, and quadriceps strength adequate for stable and normalized gait pattern
Aerobic	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> Isometric quad sets Patellar mobilization Straight-leg raises Ankle pumps Hip abduction and adduction 	<ul style="list-style-type: none"> Continue Phase I exercises PROM 0-60° only while supine and in brace to prevent posterior tibia sag Hamstrings and gastrocnemius stretching Hip extension exercises Calf press with light bands and progression to bilateral standing calf raises in full extension and then single calf raises in full extension 	<ul style="list-style-type: none"> Continue Phase II exercises Isometric wall sits/slides 0-45° and then progress to active against body weight Standing hip flexion, extension, abduction, and adduction with resistance (resistance must be proximal to knee)
Other	<ul style="list-style-type: none"> Modalities as needed to reduce pain/swelling and for muscle re-education Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> Pain control Protection of tissue healing 	<ul style="list-style-type: none"> Pain control Protection of tissue healing Minimize joint stiffness Achieve full knee extension 	<ul style="list-style-type: none"> Progress to WBAT with normalized gait pattern Progress knee ROM

	Phase IV: 9-12 weeks (2-3x per week)	Phase V: 3-6 months (2x per month)	Phase VI: 6+ months
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT • No brace 		
Aerobic	<ul style="list-style-type: none"> • Stationary bike (elevated seat height initially, and normalize height as ROM allows, low resistance) • Begin treadmill walking, elliptical machine, and stairclimber 	<ul style="list-style-type: none"> • Begin walk-jog-run progression at 5 months 	<ul style="list-style-type: none"> • Continue walk-jog-run progression
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Continue Phase III exercises • Closed chain terminal knee extension (lights bands initially and gradual progression to weights) • Leg press 0-90° • Begin proprioception and balance 	<ul style="list-style-type: none"> • Continue Phase IV exercises • Advance closed chain exercise program • Advance balance and proprioception • Begin agility exercises at 5 months 	<ul style="list-style-type: none"> • Continue HEP to maintain strength, endurance, and flexibility • Begin sport-specific training after completing general program <ul style="list-style-type: none"> ▸ Pass Leg Press Test ▸ Pass Single Hop Test ▸ Quadriceps and hamstring strength >90% of uninvolved limb • Begin plyometric training with jumping and landing mechanics if indicated
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • Achieve full knee ROM • Progress strengthening 	<ul style="list-style-type: none"> • Achieve full knee ROM • Progress strengthening • Begin working towards passing Leg Press Test and Single Hop Test 	<ul style="list-style-type: none"> • Begin sport-specific training • Return to sports criteria: <ul style="list-style-type: none"> ▸ Pass Leg Press Test ▸ Pass Single Hop Test ▸ Quadriceps strength >90% of uninvolved limb ▸ Hamstring strength >90% of uninvolved limb ▸ Jog, run, shuttle-run, and agility exercises without pain, swelling, or difficulty