



PCL Reconstuction Rehabilitation

Phase 1: Maximum Protection Phase (Weeks 1-4)

Goals: Control inflammation/effusion
Allow early healing
Full passive knee extension
Gradually increase knee flexion
Independent quad. Control

Stage 1: Week 1

- Ice, compression, elevation
- Brace locked at 0 degrees for ambulation and sleeping only
 - Brace may be unlocked during sitting etc.
- ROM (Passive 0-90)
- Patellar mobilization
- Strengthening exercise:
 - Quad Sets
 - SLR flexion
 - Hip Abd/Adduction
 - Knee Extension 60-0 degrees
- **Weight Bearing x 25% with crutches**
- Avoid active knee flexion

Stage 2: Weeks 2-5

- Continue use of ice and compression
- Brace locked for ambulation
- ROM Guidelines
 - Gradually increase PROM
 - Week 2: 0-90 degrees
 - Week 3-4: 0-105 degrees
 - Week 5: 0-125
- Strengthening Exercises:
 - SLR (3 way: hip flexion, abduction and adduction)
 - Knee Extension 90-0degrees
 - Heel Slides to ROM as above
- Weight bearing guidelines-> Continue to lock brace
 - Week 3-4: 50-75% WB as tolerated with 1 crutches
 - Week 5: FWB unlock brace (Discontinue brace at 6 weeks)

*Discontinue crutches when safe and proper gait (usually 6 weeks)

Phase 2: Moderate Protection Phase (6-8 weeks)

RESULTS PHYSICAL THERAPY
(916) 362-7962 (916) 362-7963 fax
9500 Micron Ave #106 •
Sacramento, CA 95827
www.resultstherapy.com

RESULTS PHYSICAL THERAPY OF CARMICHAEL
(916) 536-9130 (916) 536-9317 fax
6403 Coyle Ave. ste. 350
Carmichael, CA 95608

RESULTS PHYSICAL THERAPY OF MURIETA
(916) 354-0719 (916) 354-1187 fax
7281 Lone Pine Drive D106 · P.O. Box 955
Rancho Murieta, CA 95683



Goals: Full PROM

No Swelling/inflammation
Re-establish muscle control
Proper gait pattern

- Continue use of ice and compression
- Continue ROM and stretching to maintain 0-135 Degrees
- Progress strengthening exercises Phase I
 - Heel slides to full ROM
 - Long sit hamstring stretch
 - Knee extension 90-0 Degrees
 - Standing hamstring curls
- Begin Level Two agility
 - Cup walking
 - Planks
 - Bridging
 - Steamboats 4 way (involved leg down)
 - Ball roll: for, side and back (involved leg down)
 - Heel raises
- Phase II Light strengthening: Short range leg press, 4-Way hip, leg extension 90-45, Dead lifts
- Bicycle (as ROM permits)
- Pool Program

*Avoid twisting, deep squatting, stooping, no lunges!!!
pivoting, running and deep squatting

Phase 3: Controlled Activity Phase (9-16)

Goals: Improve strength and endurance
Maintain Full ROM
Gradually increase applied stress

Week 9

- Continue all strengthening exercises listed above
- Initiate Dynamic warm-up (no lunge)
- Initiate Form Stepping (progress from walk pace to fast step pace and no lunge)
- Initiate light resistive hamstring curls
- Toe calf raises
- Progress balance training
- Progress to isotonic strengthening program



Week 12 –week 15

- Continue Strengthening and stretching program
- Continue dynamic warm-up (now can include lunges)
- Form running: progress from fast pace walk to trot to jog pace (now include lunges)
- Initiate treadmill for endurance (3.5mph fast walk then progress to light jog at 14 weeks)
- Begin step ups and step downs
- Initiate pool running

Phase 4: Return to Activity Phase (4-6 month)

Goals: Improve strength and endurance
Prepare for unrestricted activities

Criteria to Progress to Phase 4

- Full non-painful ROM
- No pain or tenderness
- Satisfactory clinical exam

Exercises

- Continue and progress all strengthening exercises and stretching drills
- Initiate straight line running at 4 months
- Initiate controlled pivoting and cutting: 5 months
- Deep squatting permitted at 5 months
- Initiate controlled agility training: 5 months
- Initiate jumping program at 6 months: Ankle jumps, two-legged hop, two –legged jumps, single leg, etc...
- Gradually return to sport drills: 6 months

- Non contact practice 7 months
- Full competition non contact sports 9 months
- Full competition full contact 10 to 12 months