

PCL Reconstruction Rehabilitation Protocol

	Weight Bearing	Brace	ROM	Exercises
Phase I 0-6 weeks	TTWB* for balance only	0-2 Weeks – locked in full extension for ambulation and sleeping 2-6 weeks – Rebound/ PCL stabilizing brace full time**	0-2 Weeks: Passive prone ROM 0-90 2-6 weeks: progress passive prone motions	SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Active Hamstring avoidance until 6 weeks post-op
Phase II 7-12 weeks	Progress to full	Continue until 24 weeks	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
Phase III 13-16 weeks	Full	Continue until 24 weeks	Full	Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks
Phase IV 17-24 weeks	Full	Continue until 24 weeks	Full	16 wks: Begin jumping 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
Phase V > 6 months	Full	None	Full and pain free	Gradual return to sports participation

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

** Brace may be removed for sleeping at 4 weeks post-op