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PCL Reconstruction Rehab Instructions for Therapists

Weeks 1-4

NO KNEE ROM

Immobilize in extension with brace at all times (except therapy)

Weeks 1-2 shower with bag over brace and sleep with brace

Weeks 2-4 remove brace to sleep and shower (must be able to SLR)

Progress from partial weight bearing to full weight bearing with crutches at all times

Ankle + Hip AROM and strengthening

Isometric quad strengthening

Straight leg raising with weights in brace

Patellar mobilization

Edema control

Week 5

Start flexion exercises

1. Active quad strengthening through range of motion
2. <10lbs resistance training of quads
3. no resistive hamstring strengthening for 12 weeks
4. Stationary bike for ROM

Week 6

Discontinue crutches if patient has protective control of leg-therapists discretion

1. stepups/ downs
2. minitramp
3. stationary bike low resistance push off heel to decrease hamstring
4. Hip ADD/ABD machines

Week 8

Discontinue brace if flexion >90 degrees, gait is normal, good quad control

1. swimming (flutter kick with knee extension)
2. BAPS, Plyometrics, Closed chain (squats, leg press, stairmaster)
3. Treadmill forward, side to side
4. Flexion strengthening on machines

Week 12

Start Hamstring strengthening

ROM Goals

1. 60 degrees at 6 weeks
2. 90 degrees flexion at 8 weeks
3. 120 degrees flexion at 12 weeks

Activity Goals

1. Nordic track, water running 3-4 months
2. Straight line jogging 4-5 months
3. Road bike, straight line running 5-6 months
4. Sport specific cutting drills 6-7 months
5. Return to cutting sport 8-12 months