

PHYSICAL THERAPY PROTOCOL: PCL Reconstruction

Name: _____

Date of Surgery: _____

Diagnosis: _____ Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1→ 0-4 weeks

- Weight bearing---Full weight bearing as tolerated in brace
- Brace:
 - 0-2 weeks: Locked in full extension at all times, unless exercises/showering
 - 2-6 weeks: unlocked for ambulation
- ROM:
 - As tolerated
- Exercises:
 - Quad sets, patellar mobs, gastroc/soleus stretch
 - SLR w/brace in full extension until quad strength prevents extension lag
 - Side-lying hip/core
 - Hamstrings avoidance until 6 weeks post-op

Phase 2→ 6-12 weeks

- Weight bearing---Full weight bearing
- Brace---discontinue at 6 weeks if no extension lag
- ROM---Full ROM
- Exercises
 - Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks
 - Advance hip and core

Phase 3→ 12-16 weeks

- Full weight bearing, no brace, full ROM
- Exercises
 - Advance closed chain strengthening
 - Progress proprioception activities
 - Begin stairmaster, elliptical and running straight at 12 weeks

Phase 4→ 4-6 months

- Exercises
 - Begin jumping at 16 weeks
 - At 20 weeks, advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills

Phase 5→ >6 months

- Full ROM and pain free
- Exercises
 - Gradual return to sports participation after completion functional sports assessment and clearance from Dr Makhni