

Postoperative Rehabilitation Protocol for PCL Reconstruction



Dr. MacLean

Physical therapy should be started within a few days after surgery

Postoperative weeks 0-2

PRECAUTIONS/RESTRICTIONS

- Non-weight bearing
- Use immobilizer for 3-5 days until good quadriceps control. Then use dynamic PCL brace (*will be used for 6 months*)

RANGE OF MOTION

- **Prone only**
- Passive flexion: 0-90 degrees
- Active assisted extension 70-0 degrees
- Patella mobilization
- Towel Extensions, prone hangs

STRENGTHENING

- SLR supine with brace locked at 0 degrees
- Quadriceps isometrics at 60 degrees

MODALITIES PRN

Postoperative weeks 2-6

PRECAUTIONS/RESTRICTIONS

- Non-weight bearing
- Continue use of dynamic PCL brace

RANGE OF MOTION

- **Prone only**
- Active assisted extension 90-0 degrees
- Passive flexion 0-90 degrees
- Short crank (90mm) ergometry
- Ensure full extension

STRENGTHENING

- Leg Press: 60-0 degree arc
- SLR in all plane with progressive resistance

- Multiangle quadriceps isometrics at 60 and 20 degrees

MODALITIES PRN

Postoperative weeks 6-12

PRECAUTIONS/RESTRICTIONS

- Continue use of PCL brace
- Progressive weight bearing from flat foot to full weight bearing
- Discontinue crutches with gait is non-antalgic (6-8 weeks)

RANGE OF MOTION

- Advance knee ROM
- Initiate forward step up program (6-8 weeks)
- Being stationary bike with low resistance settings and leg presses to a maximum of 70 degrees of knee flexion
- AAROM exercises

STRENGTHENING

- Leg press & mini squats (0-60 degree arc)
- Standard ergometry (if knee ROM > 115 degrees)
- Stairmaster (6-8 weeks)
- Proprioception Training
- Retrograde treadmill ambulation
- Initiate step down program (8-10 weeks)

MODALITIES PRN

Postoperative weeks 12-20

PRECAUTIONS/RESTRICTIONS

- Continue dynamic PCL brace

RANGE OF MOTION

- Maintain full ROM: AAROM exercises

STRENGTHENING

- Leg Press: 0-80 degree arc

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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- Advance proprioception training
- Agility exercises
- Versaclimber
- Retrograde treadmill
- Quadriceps stretching

Postoperative weeks 20-26

STRENGTHENING

- Start forward running (if descend 8" step satisfactorily)
- Continue lower extremity strengthening, flexibility, proprioception and agility programs
- Initiate plyometric program (if sufficient strength base)
- Functional Hop Test (> 85% of contralateral)
- Isokinetic test for quad strength difference at least 85% of contralateral

Postoperative month 6+

PRECAUTIONS/RESTRICTIONS

- Dynamic brace can be discontinued if kneeling stress x-rays demonstrate less than 2mm difference

STRENGTHENING

- Continue lower extremity strengthening, flexibility, proprioceptive and agility programs
- Advance plyometric program
- Advance agility and sport specific program