

REHABILITATION PROTOCOL: POSTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

□ Phase 1 (Weeks 0-4)

- Weight bearing: As tolerated with crutches in full extension
- Hinged knee brace
 - Locked in full extension for ambulation and sleeping (weeks 0-1)
 - Locked in full extension for ambulation and sleeping- remove for therapy and home exercises (weeks 1-4)
- Range of motion:
 - Weeks 0-1: None
 - Weeks 1-2: PROM 0-30°
 - Weeks 2-4: PROM 0-90° (MAINTAIN ANTERIOR PRESSURE ON PROXIMAL TIBIA AS KNEE IS FLEXED FROM WEEKS 1-4 TO PREVENT POSTERIOR SAGGING)
- Therapeutic exercises
 - AVOID ACTIVE HAMSTRING ACTIVITY AND ACTIVE KNEE EXTENSION FROM 90–70° UNTIL POSTOP WEEK 4
 - Quad and hamstring sets and ankle pumps
 - Straight leg raise with brace in full extension until quad strength prevents extension lag
 - Hip abduction/adduction (RESISTANCE MUST BE PROXIMAL TO THE KNEE)
 - Hamstring/Calf stretch- Calf press with theraband progressing to standing toe raises with knee in full extension

□ Phase 2 (Weeks 4-12)

- Weight bearing: As tolerated, discontinue crutch use at 6-8 weeks
- Hinged knee brace:
 - Weeks 4-6: Unlocked for gait training/exercise only
 - Weeks 6-8: Unlocked for all activities
 - Week 8: Discontinue brace
- Range of motion: Maintain full extension, work on progressive knee flexion (goal of 110° by week 6)
- Therapeutic exercises
 - Weeks 4–8: Gait training, wall slides (0–30°), mini squats (0–30°), leg press (0–60°)
 - Weeks 8–12: Stationary bike (with the seat higher than normal), stairmaster, closed-chain terminal knee extension, leg press (0–90°), treadmill walking, and balance and proprioception activities

□ Phase 3 (Months 3-9)

- Weight bearing: Full
- Range of motion: Full and painless
- Therapeutic exercises
 - Advance closed-chain strengthening exercises, progressive proprioception/balance activities
 - Maintain flexibility
 - Treadmill walking–progress to jogging at 6 months

□ Phase 4 (Months 9+)

- Maintain strength, endurance and function–initiate plyometric program
- Begin cutting exercises and sports specific drills
- Return to sports as tolerated