

NewportCare Medical Group

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Sports Medicine

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PCL AND PLC RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I				
0 - 3 weeks	Non - weight bearing	Locked in full extension	None	Quad sets, ankle pumps, SLR, hip ab/adduction, hamstring/calf stretch, calf press with theraband, patellar mobilization
3 - 6 weeks	Non - weight bearing	3 - 6 weeks: locked in full extension for ambulation - removed for exercise	passive only** to tolerance 0 to 70 degrees	Add chair slides, passive ROM in prone position
PHASE II				
6 - 12 weeks	Weeks 6 - 10: Progress 25% per week until full weight bearing at 10 weeks	6-10 weeks: unlocked for all activities 10 weeks - 4 mo: Varus unloader brace	Maintain full extension and progressive flexion	6-8 weeks: gait training, wall slides, mini-squats, resisted hip exercises in standing*** 8-12 weeks: stationary bike with light resistance (to begin) and seat higher than normal, closed chain terminal knee extensions, Stairmaster, balance and proprioception activities, leg press (limiting knee flexion to 90)
PHASE III				
12 weeks - 4 months	Full, without use of crutches and with a normalized gait pattern	Varus unloader brace	Gain full and pain-free	Advance closed chain strengthening, progress proprioception and balance activities, maintain flexibility
4 mo - 7 mo	Full	None	Full	Treadmill walking, advance to jog Add hamstring curls for strengthening
PHASE IV				
7 months and beyond	Full	None	Full and pain-free	Maintain strength, endurance, and function, begin sport-specific functional progression (backward running, cutting, grapevine, etc.), progress to running, initiate a plyometric program Return to sports with PCL brace until 1 year post-op

**Maintain anterior pressure on proximal tibia as knee is flexed - prevent posterior sagging at all times

***Resistance must be proximal to knee with hip ab/adduction exercises