

PCL Postop Protocol

Core Rehabilitation Guidelines

- Full extension: brace locked in extension for 3 weeks
- Prone range of motion during first 6 weeks
- Weight bearing status: Toe touch weight bearing first 3 weeks, progress to 75% weight bearing during weeks 3-6, and full weight bearing as tolerated thereafter
- Gait normalization by 6 weeks without assist devices
- Aggressive patellar mobilization during first 6 weeks
- Must have full extension and 90° flexion by 6 weeks

Specific Timeline: 0-3 Weeks

- Weight Bearing TTWB, Brace locked at 0°
- ROM (Prone only): Passive flexion 0-70°
- Active Assisted extension 70 to 0°
- Patella mobilization
- Towel extensions, prone hangs
- SLR supine with brace locked at 0°
- Quadriceps isometrics @ 60°

Specific Timeline: 3-6 Weeks

- Progressive Weight Bearing TTWB to PWB (75%) with crutches
- Brace locked @ 0°
- ROM (Prone only): Active Assisted extension 90-0°
- Passive flexion 0-90°
- Short crank (90mm) ergometry
- Leg Press (60-0° arc)
- SLR's (all planes): Progressive Resistance
- Multiple-angle Quadriceps Isometrics: 60 to 20°

Specific Timeline: 6-12 Weeks

- D/C crutches when gait is non-antalgic (6-8weeks)
- Brace changed to OTS
- Initiate Forward Step Up program (6-8weeks)
- Leg Press, Mini-Squats (60-0° arc)
- Standard ergometry (if knee ROM > 115°)
- AAROM exercises
- Stairmaster (6-8 weeks)
- Proprioception Training (Prop Board, BAPS)
- Aquatic Pool (gait training)
- Retrograde treadmill ambulation
- Initiate Step-Down Program (8-10 weeks)

Specific Timeline: 12-20 Weeks

- Leg Press: Squats (80 to 0° arc)
- AAROM exercises
- Proprioception Training (Prop Board, BAPS)
- Lunges
- Advanced Proprioception training (perturbations)
- Agility exercises (sport cord)
- Versa Climber
- Retrograde treadmill running
- Quadriceps stretching

Specific Timeline: 20-26 Weeks

- Start forward running (if descend 8” step satisfactorily)
- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Initiate plyometric program (if sufficient strength base)
- Functional Hop Test (>85% contralateral)

Specific Timeline: 26+ Weeks

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