

PCL Prehab Protocol

Core Rehabilitation Guidelines

1. Hip Strengthening
2. Closed Chain strengthening
 - a. Leg Press
 - b. Squats 0°-90°
 - c. Step ups, Step downs
 - d. Treadmill – retro walking
 - e. Stair climber
3. No Open Chain Knee Flexion
4. Emphasis on Quadriceps strengthening
5. Careful Monitoring of Patellofemoral Symptoms
6. If Open Chain Extension 0°-70°
7. Modalities as needed