PCL Reconstruction or Repair Protocol
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I. First week postop:
   a. Brace locked 0 degrees, WBAT unless concomitant lesion prohibits
   b. Elevate, ice, compression wrap
   c. Quad isometrics
   d. Patellar mobilization
   e. Active ankle AROM
   f. No knee ROM

II. Second to fourth week postop:
   a. Begin therapist assisted prone passive knee flexion with anterior drawer force
      applied to proximal posterior tibia, ROM not to exceed 0 to 90 degrees
   b. Continue quad isometrics, e-stim to quads
   c. Side-lying straight leg raise in brace
   d. Progress to supine SLR in brace
   e. No unopposed active hamstrings
   f. Crutches, WBAT, brace locked 0

III. Fifth and sixth weeks postop:
   a. Gradually progress toward full prone passive flexion with therapist applied
      anterior drawer
   b. Aggressive patellar mobs
   c. Continue as above with quad development
   d. Wean off crutches, gait training WBAT, brace locked 0 to 90

IV. Seventh and eighth weeks postop:
   a. AAROM with terminal stretch to achieve full, discontinue therapist applied
      drawer
   b. No unopposed hamstrings strengthening (curls)
   c. Treadmill walking, may gradually increase incline
   d. Continued focus on quad strength and function
   e. Closed-chain cord resisted strength
   f. Begin two-leg quarter squats
   g. Transition to functional knee brace as swelling permits, wean off nighttime
      brace use
   h. May spin on stationary cycle without resistance
V. Nine to twelve weeks postop:
   a. Continue full-time use of FKB when up
   b. Progress to single-leg quarter squats when able
   c. Increased duration and resistance on stationary cycle, RPM>60
   d. Increase incline on treadmill to 7-10 degrees, initiate backward treadmill
   e. Continue closed chain strengthening with cord resistance or light weights
   f. Proprioception training
   g. Isometric hamstrings and gastroc strengthening begins

VI. Thirteen to sixteen weeks postop:
   a. FKB for training only
   b. Advanced resistance training, primarily closed-chain, knee flexion angle not to exceed 90 degrees.
   c. Hamstring curls with resistance cord, progressing to light weights
   d. May jog on level ground in FKB
   e. Outdoor cycling ok, must remain in seat
   f. Stair-stepper ok in FKB
   g. Sportcord resisted forward, backward, and lateral movement

VII. Seventeen to twenty-four weeks postop:
   a. Continue weight training, extra emphasis on quad development
   b. Straight line running permitted, gradually progress to figure 8 runs, carioca, and cutting maneuvers (last couple of weeks)
   c. Plyometrics
   d. Slide and balance board, advanced proprioception
   e. FKB for workouts only, not ADLs

VIII. Beyond twenty-four weeks postop:
   a. Sport-specific functional progression
   b. Return to sport criteria
      i. Completed functional progression
      ii. Adequate muscle development, minimal to no effusion
      iii. Good Stability
      iv. FKB until 1 year postop
      v. Usually 6 months minimum for aggressive sports