



## Rehabilitation Protocol: Posterior Cruciate Ligament (PCL) and Posterolateral Corner (PLC) Reconstruction

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### PHASE I

- **Weeks 0-2:**

- Brace ROM: locked in full extension, Typically start ROM after 1-2 weeks (Up to Dr's discretion)
- Weightbearing: non-weight bearing
- Exercises:
  - Quad sets
  - Ankle pumps
  - Hip ab/adduction
  - Hamstring, calf stretch
  - Calf press with theraband
  - Patellar mobilization

- **Weeks 2-6:**

- Brace ROM: locked in full extension for ambulation; removed for exercise (0-full)
- Weightbearing: PWB in brace → WBAT in brace at week 4-6
- Exercises:
  - Add chair slides
  - Passive ROM in prone position
  - Maintain anterior pressure on proximal tibia; avoid posterior sagging
  - No active hamstring strengthening

### PHASE II

- **Weeks 6-12:**

- Brace ROM: unlocked for all activities; maintain progressive flexion – Possible switch to PCL brace at 6 weeks postop.
- Weeks 6-8:
  - Gait training
  - Wall slides
  - Mini-squats
  - Resisted hip exercises in standing – resistance proximal to knee
- Weeks 8-12:
  - Stationary bike – low resistance, high seat
  - Closed chain terminal knee extensions
  - Stairmaster
  - Balance and proprioception activities
  - Leg press (0-90°)

### PHASE III

- **12 Weeks – 4 Months:**

- Brace ROM: PCL Brace or Varus unloader. Gain pain-free full ROM
- Weightbearing: full; no crutches with normalized gait pattern
- Exercises:
  - Advance closed chain strengthening
  - Progress balance and proprioception activities



- Maintain flexibility
- **Months 4-7:**
  - Brace ROM: full; no brace
  - Weightbearing: full
  - Exercises:
    - Treadmill walking
    - Advance to jog
    - Initiate hamstring curls for strengthening



**PHASE IV**

- **Months 7 - Beyond:**
  - Brace ROM: pain-free full ROM; return to sport with PCL brace until 1 year post-op
  - Weightbearing: full
  - Exercises:
    - Maintain strength, endurance and function – initiate plyometric program
    - Initiate sport-specific functional progression
    - Progress to running
    - **Return to sports typically at 1 year postop**

**Comments:**

**Frequency:** \_\_\_\_ times per week

**Duration:** \_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_