

## Rehabilitation Protocol: Posterior Cruciate Ligament (PCL) Reconstruction

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

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

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

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

### Phase I (Weeks 0-4)

- **Weightbearing:** Partial weight bearing with crutches
- **Hinged Knee Brace:**
  - Locked in full extension except for with PT/exercise (**Weeks 0-1**)
  - Locked in full extension for ambulation – removed for therapy sessions/exercise/sleeping (**Weeks 1-4**)
- **Range of Motion –**
  - **Weeks 0-2:** Prone passive flexion OK
  - **Weeks 2-4:** PROM 0-90° prone passive (MAINTAIN ANTERIOR PRESSURE ON PROXIMAL TIBIA AS KNEE IS FLEXED FROM WEEK 1-4—NEED TO PREVENT POSTERIOR SAGGING AT ALL TIMES)
- **Therapeutic Exercises**
  - Quad/Hamstring sets and ankle pumps
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag
  - Hip abduction/adduction (RESISTANCE MUST BE PROXIMAL TO THE KNEE)
  - Hamstring/Calf stretch – Calf press with theraband progressing to standing toe raises with knee in full extension

### Phase II (Weeks 4-12)

- **Weightbearing:** As tolerated with crutches-- discontinue crutch use at 6-8 weeks post-op and may convert to PCL brace
- **Hinged Knee Brace: Weeks 4-6:** unlocked for gait training/exercise only
- **Range of Motion–**Maintain full knee extension–work on progressive knee flexion (Goal of 110° by week 6)
- **Therapeutic Exercises**
  - **Weeks 4-8:** Gait training, wall slides (0-30°), Mini-squats (0-30°), Leg press (0-60°)
  - **Weeks 8-12:** Stationary bicycle (with seat higher than normal), Stairmaster, Closed-chain terminal knee extension, Leg press (0-90°), Balance and proprioception activities

### Phase III (Weeks 12-9 months)

- **Weightbearing:** Full weightbearing with normalized gait pattern
- **Range of Motion –** Full/Painless ROM
- **Therapeutic Exercises**
  - Advance closed chain strengthening exercises, progress with proprioception/balance activities
  - Maintain flexibility
  - **Begin treadmill walking – progress to jogging**

### Phase IV (9 months and beyond)

- Maintain strength, endurance and function – initiate plyometric program
- Begin cutting exercises and sport-specific drills
- **Return to sports as tolerated**

**Comments: AVOID ACTIVE HAMSTRING ACTIVITY AND ACTIVE KNEE EXTENSION FROM 90-70° UNTIL POST-OP WEEK 4**

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

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



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