**PCL Reconstruction Rehabilitation Protocol**

**Phase I – Maximum Protection (Weeks 0 to 6):**

**Weeks 0 to 6:**

* Brace **at all times** locked at 0°/0° for six to eight weeks
* Ice and modalities to reduce pain and inflammation
* Use crutches PWB for 6 weeks

### Range of Motion

 - Begin aggressive patella mobility

- Limit ROM 0°-90° with **passive prone flexion or seated with anterior tibial translation** by the patient or therapist for first 6 weeks

**Exercises**

- Quadriceps setting; towel placed behind tibia. Focusing on VMO contraction

 - Blood Flow Restriction Therapy for muscle mass and quad activation

 - Straight leg raises **in the brace**

**Phase II – Progressive Stretching and Early Strengthening (Weeks 6 to 12):**

**Weeks 6 to 12:**

* Continue with modalities to control inflammation
* Open brace 0°-90° if patient demonstrates good quadriceps function

### Range of Motion

 **-** Progress to full knee ROM. Minimize posterior tibial translation

### Exercises

 - May begin active hamstring contractions

 - Begin total leg strengthening with SLR program **(no resisted hamstrings x 12 wks)**

- Bilateral closed kinetic chain squatting

 - Multi-plane open and closed kinetic chain hip strengthening

 - Unilateral step-up progression

 - Stationary biking

 - Pool program; walking and deep water exercise only. No running

 - Proprioception drills

**Phase III – Advanced Strengthening and Proprioception Phase (Weeks 12 to 24):**

**Weeks 12 to 24:**

### Range of Motion

 - Full

### Exercises

- Advance cardiovascular program; stationary bike, treadmill walking, elliptical trainer

- Increase intensity of closed kinetic chain exercises

- May begin resisted hamstring exercises

 - Advance proprioception drills

 - Initiate gym strengthening progressing from bilateral to unilateral as tolerated:

- Leg press, squats, partial lunges, hamstring curls, ab/adduction, calf raises

**Phase IV – Advance Strengthening and Return to Sport (Weeks 20 to 9mo/12mo):**

* Pool running at 20 weeks
* Dry land running at 24 weeks
* Multidirectional agility drills at 7-8 months
* Return to sport 9-12 months