



## PCL Reconstruction

Postop	Progression Criteria	Precautions	Exercises/Interventions
<b>Phase 1</b> <b>Weeks 0-4</b> <b>2-3/ week</b> <b>HEP 2-3x</b> <b>per day</b>	ROM 0° - 90° WBing 75% on involved side SLR without extension lag Improved patellar mobility	Avoid active knee flexion Avoid heat Avoid pain with exercise/activity Limit PROM flex to 70 degrees for 2 weeks and then 90 degrees until 4 weeks 0 – 2 weeks: Toe touch/WBAT in brace locked in 0° extension 2 – 6 weeks: WBAT in brace at 0° extension	Quad sets, patellar mobilizations Gastroc/soleus stretch SLR with brace in full extension until extension lag is prevented, can be done in all planes Side lying hip exercises Core exercises
<b>Phase 2</b> <b>Weeks 4-12</b> <b>2-3/ week</b> <b>HEP 1-2x</b> <b>per day</b>	ROM 0° - 130° Normal gait pattern Ascend 8" step Descend 6" step	Avoid exceeding ROM limit Avoid hamstring activation (concentric and eccentric) until week 6 Avoid resisted knee flexion No active open kinetic chain resistive hamstring exercises until 6 months	AAROM Gait training Toe raises Closed chain quadriceps Leg press (0 – 90) Mini squats Balance exercises Stationary bike Step ups Front and side planks Advance hip/core Proprioception <b>At 6 weeks</b> can initiate prone knee flexion AROM (no resistance) <b>At 7 weeks</b> initiate forward step program and step-down program
<b>Phase 3</b> <b>Weeks 12-16</b> <b>2-3/week</b> <b>HEP 1-2x</b> <b>per day</b>	ROM to WNL Normal gait pattern Descend 8" step with good control	Descending stairs with reciprocal pattern without good control Avoid painful activity No active open kinetic chain resistive hamstring exercises until 6 months	Advance closed chain strengthening for lower extremities including hamstring muscle group Lunges Progress proprioceptive exercises Begin stairmaster, elliptical, and straight line running
<b>Phase 4</b> <b>Weeks 16-24</b> <b>2-3/week</b> <b>HEP 1x per day</b>	ROM to WNL Improved flexibility to meet demands of sport specific activity	Descending stairs with reciprocal pattern without good control Avoid painful activity No open kinetic chain resistive hamstring exercises until 6 months	16 weeks: begin jumping 20 weeks: advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport specific drills
<b>Phase 5</b> <b>Weeks &gt; 6 mo</b> <b>2-3/week</b> <b>HEP 1x per day</b>		Full and pain-free activities	Gradual return to sports Maintenance program Resisted hamstring strengthening exercises