

## PCL Reconstruction Knee Arthroscopy Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
<b>Phase I</b> 0-4 weeks	Full w/ brace	<b>0-1 week:</b> Locked in full extension for ambulation and sleeping <b>1-4 weeks:</b> Unlocked 0-90° for ambulation, remove for sleeping  *Off for hygiene and exercises	As tolerated	Quad sets, patellar and tibiofibular mobs, gastroc/soleus stretch, leg hangs  SLR in brace in full extension until quad strength prevents extension lag Begin side-lying hip/core <b>Hamstrings avoidance until 6 weeks post-op</b>
<b>Phase II</b> 4-12 weeks	Full	None	Full	Begin toe raises, closed chain exercises, eccentric quads, balance exercises, step-ups, front and side planks; advance hip/core  Start stationary bike as tolerated Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks
<b>Phase III</b> 12-16 weeks	Full	None	Full	Advance Phase II exercises and closed chain; maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance  Progress proprioception activities Begin stair master, elliptical at 8 weeks, running straight ahead at 12 weeks
<b>Phase IV</b> 16-24 weeks	Full	None	Full	<b>16 weeks:</b> Begin jumping <b>20 weeks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills <b>22 weeks:</b> Advance as tolerated FSA completed at 22 wks***
<b>Phase V</b> >6 months	Full	None	Full	Gradual return to sports participation after completion of FSA and clearance by MD

\*Brace may be removed at night after first postoperative visit (day 10-14) if directed

\*If concomitant meniscus repair or cartilage/meniscal transplant is performed, protocol will be modified

\*\*\*Completion of FSA (Functional Sports Assessment/Lower Body Assessment) is not recommended at approximately 22 weeks postop for competitive athletes returning to sport