

### Isolated PCL Reconstruction Rehab

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Prevent posterior translation and tibia rotation</li> <li>●</li> </ul>	<p>Hinged knee brace x 6 weeks</p> <p>TTWB x 4 weeks brace locked in extension</p> <p>WBAT locked in extension with crutches x 2 weeks</p>	<ul style="list-style-type: none"> <li>● Brace 0-90 x 2 weeks</li> <li>● CPM x 4 weeks: 0-30 degrees, increase by 5 degrees/day. 3-4 hrs/day</li> <li>● Weeks 3-6: brace unlocked 0-90 at all times</li> <li>● Avoid forced flexion</li> <li>● Perform <b>prone</b> ROM with PT to prevent tibia sag</li> <li>● Patella mobs</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● NMES if unable to perform SLR without lag</li> <li>● Cryocuff/Game Ready Compression/ Ice</li> </ul>	<ul style="list-style-type: none"> <li>● AVOID isolated hamstring isometrics for 6 weeks</li> <li>● Quad recruitment, NMES as needed</li> <li>● Quad, glute, core strengthening</li> <li>● Quad sets/SLR in brace locked at 0 (assist as needed to prevent posterior sag)</li> <li>● SLR in all planes with assist until no lag</li> <li>● Gastric/soleus stretch</li> <li>● No resistance bike OK starting week 4</li> <li>● Terminal knee extension</li> </ul>
<p><b>Phase 2 (7-12 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● No effusion</li> <li>● Restore normal gait</li> <li>● Maintain full extension</li> <li>● Progress to full ROM</li> </ul>	<p>Discontinue brace if able to maintain SLR without lag</p> <p>Full ROM</p> <p>Wean crutches if has not already</p>	<ul style="list-style-type: none"> <li>● Begin full A/ PROM as tolerated</li> <li>● Restore full ROM</li> <li>● Restore normal activities of daily living</li> </ul> <p>Modalities:</p>	<ul style="list-style-type: none"> <li>● Bike for ROM</li> <li>● May begin elliptical when normal gait</li> <li>● Closed kinetic chain quad strengthening and progress as tolerated</li> <li>● Stairmaster, elliptical</li> <li>● RDL</li> <li>● Lateral band stepping</li> <li>● LE stretching: HS, quads, ITB, piriformis (pain free)</li> </ul>

<ul style="list-style-type: none"> <li>• Hip, quad, HS, calf strength</li> </ul>		<ul style="list-style-type: none"> <li>• Hi-volt IFC for edema control/ice</li> <li>• Scar STM when incision healed</li> <li>• Patellar mobs all directions</li> <li>• Gentle prone quad stretch/knee flex</li> <li>• Manual assist extension/passive stretch</li> </ul>	<ul style="list-style-type: none"> <li>• Quad sets/glut sets, clams/mini-hydrants/glut pushes</li> <li>• Calf raises on leg press</li> <li>• <b>Starting Week 8</b></li> <li>• Single leg press</li> <li>• Treadmill walking (forwards and backwards) starting</li> <li>• Unilateral step-ups</li> <li>• Chair/wall squats – keep tibia perpendicular to floor</li> </ul>
<p><b>Phase 3 (13-18 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Full ROM</li> <li>• Introduce hamstring strengthening</li> </ul>	<p>Maintain ROM and full weightbearing</p> <p>Avoid overstressing graft</p>	<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul> <p>Manual:</p> <ul style="list-style-type: none"> <li>• Joint mobs PRN for full flex and ext ROM</li> <li>• Patellar mobs/ Scar STM with extractor</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>• Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>• Bike, elliptical, stair master</li> <li>• Step ups/lateral step over's- progress to faster pace</li> <li>• Kettlebell deadlift</li> <li>• Lateral walks with sport cord</li> <li>• SLS dynamic surfaces</li> <li>• Standing leg curls with cuff weights</li> <li>• Advance strengthening as tolerated</li> <li>• Advance hamstring strengthening to prone position week 16</li> </ul>
<p><b>Phase 4 (19-24 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Introduce jumping/jogging</li> </ul>		<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Continue everything in phase 3</li> <li>• Initiate walk-jog progression to easy pace, add incline if tolerates</li> <li>• Muscular power – squads, split jumps, sled drags</li> <li>• Agility progression: side steps, crossovers</li> </ul>

Aaron J. Casp, MD

*Sports Medicine, Hip, Knee, and Shoulder Surgery*  
1201 11<sup>th</sup> Ave S  
Birmingham, AL 35205  
Ph: (205) 930-8339

<p><b>Phase 5 (6+ months)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>• Sport-specific training without pain or swelling</li><li>• Add plyometrics</li></ul>		<ul style="list-style-type: none"><li>• Continue Full A/PROM</li><li>• Modalities PRN</li></ul>	<ul style="list-style-type: none"><li>• Initiate plyometric program as appropriate to patient's goals</li><li>• Figure 8 running patterns/running progression</li><li>• Ladder/footwork drills</li><li>• Gym-program activities</li><li>• Sport-related strengthening Gym-program activities</li><li>• Sports specific activities with supervision by ATC or PT</li><li>• Emphasize strength and power development</li><li>• See physician prior to full release to activities/sports</li></ul>