



# Town Center

## ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

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### **PCL Reconstruction Protocol**

**\*\* Caution – PCL reconstruction rehab program is much slower than that for ACL reconstruction**

#### **1. Stage I (POD #1-Week #2)**

1. NWB with crutches and long leg hinged brace x 4 weeks
2. Control Postop pain and swelling
3. Prone PROM per patient tolerance; 0-90 degrees
4. Supine and prone sustained passive extension stretching for terminal extension
5. Isometric quad contractions in complete/supported extension. (Utilize biofeedback/E-stim)
6. SLR in brace locked in extension without extension lag
7. Quad sets with NMES (**No abduction if LCL or posterolateral corner repair or reconstruction**)
8. Hip PRE's with resistance proximal to knee in brace locked in extension (**No abduction if LCL or posterolateral corner repair or reconstruction**)
9. Patella mobilization: proximal/medial/lateral
10. Flexibility exercises (hamstrings, quads, gastrocsoleus, ITB, hip flexors)
11. Upper body and midbody strengthening program

#### **\*\*Precautions**

1. Avoid hyperextension, varus force and tibial ER
2. Avoid active knee flexion

#### **2. Stage II (Week #4)**

1. Continue above program
2. Begin TTWB (weeks 4-6) with brace locked in extension

#### **3. Stage III (Week #7-12)**

1. Continue above program
2. Progress to FWB by week 10 in brace locked in extension
3. Restore normal gate by week 12 in brace unlocked for flexion but locking out hyperextension

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4. D/C crutches when gait is non antalgic (weeks 8-10)
5. Begin stair climbing and descending
6. Walking on heels
7. Progress prone flexion 0-130
8. Mini squats or leg press (60 deg → 0 deg)
9. Active knee extension (60 deg → 0 deg)
10. Proprioceptive training: Multiplanar support surfaces
11. Progress to unilateral support or contralateral exercises (Elastic Bands)

#### **\*\*Precautions**

1. Avoid hyperextension, varus force and tibial ER
2. Avoid active knee flexion
3. Avoid resistive knee flexion
4. Monitor patellar symptoms

#### **4. Stage IV (Week #13-Week #24)**

1. Continue above program
2. WBAT in unloader brace (if LCL or Posterior corner repair reconstruction)
3. Work to restore FROM
4. Leg press or squats (80 deg → 0 deg)
5. AAROM
6. Lunges
7. Single leg squat progression
8. Agility exercises (sports cord)
9. Retrograde treadmill (walk and progress to run)
10. Begin forward running
11. Plyometric exercise progression
12. LE PRE and flexibility program
13. Active knee extension (PRE to 80->0 deg)
14. No resistive hamstring exercises

#### **\*\*Precautions**

1. Avoid descending stairs reciprocally until adequate quad control and LE alignment
2. Avoid resistive knee flexion
3. Monitor patellar symptoms

#### **5. Stage V (Week #24+)**

1. D/C brace if still using
2. Continue LE strengthening (leg press, squat and OKC extension for FROM)
3. LE flexibility program
4. Advance proprioceptive training program
5. Advance forward running program
6. Sports specific agility activities (supervised)