

Physical Therapy Protocol PCL Reconstruction

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks then 1x/week for 4-6 months

Week 0-2

- Full weight bearing
- Brace on at all times (except to shower)
- Brace unlocked – 0-90 degrees of flexion
- Brace locked straight while ambulating until quad control achieved
- Quad activation, ankle pumps, straight leg raise

Week 2-6

- Begin to wean out of brace
- Active and passive ROM of knee, no limitations
- Goal for brace off by 6 weeks
- Goal for 90 degrees of flexion by 6 weeks
- Quad activation, ankle pumps, straight leg raise
- Closed chain exercises

Week 6-12

- Terminal range of motion
- Soft tissue mobilization
- Closed chain exercises, no open chain exercises
- Progress towards home program

Week 12-24

- Home exercise program
- Resistance and strength training
- Closed chain exercises
- Isokinetic quadriceps training

Week >24

- Begin sport specific training
- Begin running program when able to do a single leg squat
- Goal for return to sport between 9-12 months