

## Rehabilitation Protocol: Posterior Cruciate Ligament (PCL) and Posterolateral Corner (PLC) Reconstruction

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**PHASE I**

• **Weeks 0-3:**

- Brace ROM: locked in full extension, No ROM
- Weightbearing: non-weight bearing
- Exercises:
  - Quad sets
  - Ankle pumps
  - Hip ab/adduction
  - Hamstring, calf stretch
  - Calf press with theraband
  - Patellar mobilization

• **Weeks 3-6:**

- Brace ROM: locked in full extension for ambulation; removed for exercise (0-70°)
- Weightbearing: non-weight bearing
- Exercises:
  - Add chair slides
  - Passive ROM in prone position
  - Maintain anterior pressure on proximal tibia; avoid posterior sagging

**PHASE II**

• **Weeks 6-12:**

- Brace ROM: unlocked for all activities; maintain progressive flexion
- Weightbearing: progress 25% per week until full weight bearing at 10 weeks
- **Weeks 6-8:**
  - Gait training
  - Wall slides
  - Mini-squats
  - Resisted hip exercises in standing – resistance proximal to knee
- **Weeks 8-12:**
  - Stationary bike – low resistance, high seat
  - Closed chain terminal knee extensions
  - Stairmaster
  - Balance and proprioception activities
  - Leg press (0-90°)

**PHASE III**

• **12 Weeks – 4 Months:**

- Brace ROM: Varus unloader brace; gain pain-free full ROM
- Weightbearing: full; no crutches with normalized gait pattern
- Exercises:
  - Advance closed chain strengthening
  - Progress balance and proprioception activities
  - Maintain flexibility

- **Months 4-7:**

- Brace ROM: full; no brace
- Weightbearing: full
- Exercises:
  - Treadmill walking
  - Advance to jog
  - Initiate hamstring curls for strengthening



**PHASE IV**

- **Months 7 - Beyond:**

- Brace ROM: pain-free full ROM; return to sport with PCL brace until 1 year post-op
- Weightbearing: full
- Exercises:
  - Maintain strength, endurance and function – initiate plyometric program
  - Initiate sport-specific functional progression
  - Progress to running
  - **Return to sports as tolerated**

**Comments:**

**Frequency:** \_\_\_\_ times per week

**Duration:** \_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_