PCL and ACL/PCL Rehabilitation Program

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Diagnosis: Right / Left PCL reconstruction ____________________________

Date of Surgery: ____________________________

Weeks 0-4 (Phase I):

➢ Weightbearing
  • 0-4 weeks: As tolerated (WBAT) with crutches, discontinue crutches after 6 wks

➢ Brace/ROM
  • 0-1 week: Brace locked in full extension at all times, no ROM
  • 1-4 weeks: Brace locked in extension during WB activities/ambulation, passive ROM only, maintain anterior (forward) pressure on tibia to prevent posterior sag at all times

➢ Exercise
  • 0-4 weeks: Quad sets, patellar mobs, SLRs, hamstring/calf stretches, toes raises in knee extension, avoid any active flexion/active hamstring curls

Weeks 4-8 (Phase II):

➢ Full WB without crutches

➢ Brace/ROM
  • 4-6 weeks: brace unlocked for exercises/gait training, maintain full extension and progressive flexion
  • 6-8 weeks: brace unlocked for all activities, discontinue brace at 8 weeks

➢ Gait training, wall slides, mini-squats, resisted hip exercises when standing

Weeks 8-12 (Phase III):

➢ Stationary bike with light resistance, closed chain terminal knee extensions
➢ Stairmaster, balance and proprioceptive activities
➢ Leg press up to 90 degrees of flexion

Months 3-9 (Phase IV):

➢ Advance closed chain strengthening and Phase III activities
➢ Treadmill walking to jogging to running progression
➢ After 9 month mark, begin backward running, cutting, sport specific program

For more information please visit: www.tsaog.com/drnuelle