



ROSENBERG COOLEY METCALF  
THE ORTHOPEDIC CLINIC AT PARK CITY

**Charles C. Lind, MD  
PCL Reconstruction  
Post-Operative Protocol**

**Phase I – Maximum Protection (Weeks 0 to 6):**

**Weeks 0 to 6:**

- Brace **at all times** locked at 0°/0° for six to eight weeks
- Ice and modalities to reduce pain and inflammation
- Use crutches PWB for 6 weeks

Range of Motion

- Begin aggressive patella mobility
- Limit ROM 0-90 with **passive prone flexion or seated with anterior tibial translation** by the patient or therapist for first 6 weeks

**Exercises**

- Quadriceps setting; towel placed behind tibia. Focusing on VMO contraction
- Straight leg raises **in the brace**

**Phase II – Progressive Stretching and Early Strengthening (Weeks 6 to 12):**

**Weeks 6 to 12:**

- Continue with modalities to control inflammation
- Open brace 0°-90° if patient demonstrates good quadriceps function

Range of Motion

- Progress to full knee ROM. Minimize posterior tibial translation

Exercises

- May begin active hamstring contractions
- Begin total leg strengthening with SLR program (**no resisted hamstrings x 12 wks**)
- Bilateral closed kinetic chain squatting
- Multi-plane open and closed kinetic chain hip strengthening
- Unilateral step-up progression
- Stationary biking
- Pool program; walking and deep water exercise only. No running
- Proprioception drills

### **Phase III – Advanced Strengthening and Proprioception Phase (Weeks 12 to 24):**

#### **Weeks 12 to 24:**

Range of Motion

-Full

Exercises

-Advance cardiovascular program; stationary bike, treadmill walking, elliptical trainer

-Increase intensity of closed kinetic chain exercises

-May begin resisted hamstring exercises

-Advance proprioception drills

-Initiate gym strengthening progressing from bilateral to unilateral as tolerated

Leg press, squats, partial lunges, hamstring curls, ab/adduction, calf raises

### **Phase IV – Advance Strengthening and Return to Sport (Weeks 20 to 9mo/12mo):**

- Pool running at 20 weeks
- Dry land running at 24 weeks
- Multidirectional agility drills at 7-8 months
- Return to sport 9-12 months