

PCL Reconstruction Protocol

- A. 0-6 weeks post-op
1. Gait: NWB using crutches, TDWB if patient can stay true to it
 2. Brace: Special PCL Brace (Ossur Rebound PCL, Albrecht Jack PCL)
 3. ROM restrictions: 0-90°
 4. Frequent cryotherapy and modalities as indicated
 5. Exercise
 - a. ROM work within restrictions. Passive flexion (prone preferred)
NO ACTIVE HS WORK
 - b. PCL protected OKC quad work. No knee hyper-extension or OKC HS work.
 - c. PCL protected hip and core work
- B. 6 weeks post-op
1. Gait: WBAT, wean from AD
 2. Brace: Same
 3. ROM restrictions: Extension: 0°
Flexion: To Tolerance
 4. Exercise
 - a. Progressive OKC quad and CKC work
 - b. Progressive balance/proprioceptive work
 - c. Progressive hip and core work
 - d. No OKC HS work
 - e. Progressive non-impact cardio
- C. 20 weeks post-op: Requires physician clearance
1. Interval jog progression
 2. Light, but progressive agility and footwork drills
- D. 24 weeks post-op: Requires physician clearance
1. Jog to sprint progression
 2. Progressive agility and footwork drills
 2. Progressive plyometrics and sport specific activities