

Rehabilitation Protocol:

Posterior Cruciate Ligament (PCL) Reconstruction

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 - 2 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension at all times x 2 weeks.	None.	Quad sets. SLR. Ankle pumps. Patellar mobilization. Modalities: ice, quad stim.
2 - 6 weeks	Weight bearing as tolerated (WBAT) with crutches.	Locked for WB and sleeping. Unlocked for exercises.	Active/Passive extension, passive PRONE flexion.	Gait training. Closed chain quad strengthening. Start BFR training.
PHASE II 6 - 12 weeks	Discontinue crutches at 6wks.	Brace unlocked. Wean out of brace at 8 weeks.	Progress to full AROM.	Stationary bicycle. Co-contractions. Short arc leg press. Wall squats. Continue BFR.
12 - 16 weeks	Full weight bearing (FWB).	None.	Full ROM.	Advanced quad strengthening. Start hamstring strengthening. Elliptical as tolerated.
PHASE III 4 - 6 months	FWB.	Consider custom PCL brace fitting.	Full ROM.	Start progressive running program. Proprioceptive and balance training.
PHASE IV 6 - 8 months	FWB.		Full ROM.	Cutting and agility training program. Plyometric strengthening. Consider objective (LEAP) testing at 6 months. Anticipated return to sports after 6-8 months.