

## Rehabilitation Protocol:

### Posterior Cruciate Ligament (PCL) Reconstruction

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
<b>PHASE I</b> <b>0 - 2 weeks</b>	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.
<b>2 - 6 weeks</b>	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.
<b>PHASE II</b> <b>6 - 12 weeks</b>	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.
<b>12 - 16 weeks</b>	Full weight bearing (FWB).	None.	Full ROM.	Advanced quad strengthening. Start hamstring strengthening. Elliptical as tolerated.
<b>PHASE III</b> <b>4 - 6 months</b>	FWB.	Consider custom PCL brace fitting.	Full ROM.	Start progressive running program.  Proprioceptive and balance training.
<b>PHASE IV</b> <b>6 - 9 months</b>	FWB.		Full ROM.	Cutting and agility training program. Plyometric strengthening.  Consider objective (LEAP) testing <b>6 - 9 months.</b>  Anticipated return to sports after <b>6 - 9 months.</b>