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**MIDWEST
ORTHOPAEDICS
AT RUSH**

Physical Therapy Protocol: PCL Reconstruction

Phase	Notes	Exercises
Weeks 0-3	Toe touch WB (10-20% body weight) Brace locked at 0 degrees	<ul style="list-style-type: none">• ROM (PRONE ONLY): PASSIVE FLEXION 0-70 DEGREES• ACTIVE ASSISTED EXTENSION 70 TO 0 DEGREES• PATELLA MOBILIZATION• TOWEL EXTENSIONS, PRONE HANGS• SLR SUPINE WITH BRACE LOCKED AT 0 DEGREES• QUADRICEPS ISOMETRICS @ 60 DEGREES
Weeks 3-6	Continue Toe touch WB (10-20% body weight) Brace locked at 0 degrees	<ul style="list-style-type: none">• ROM (PRONE ONLY): ACTIVE ASSISTED EXTENSION 90-0 DEGREES• PASSIVE FLEXION 0-90 DEGREES• SHORT CRANK (90MM) ERGOMETRY• LEG PRESS (60-0 DEGREE ARC)• SLR'S (ALL PLANES): PROGRESSIVE RESISTANCE• MULTIPLE-ANGLE QUADRICEPS ISOMETRICS: 60 TO 20 DEGREES
Weeks 6-12	Discontinue crutches Continue brace until 12 weeks post-op	<ul style="list-style-type: none">• D/C CRUTCHES WHEN GAIT IS NON-ANTALGIC (6-8WEEKS)• FULL PROM AND AAROM, NO ACTIVE FLEXION > 120• INITIATE FORWARD STEP UP PROGRAM (6-8WEEKS)• LEG PRESS, MINI-SQUATS (60-0 DEGREE ARC)• STANDARD ERGOMETRY (IF KNEE ROM > 115 DEGREES)• AAROM EXERCISES• STAIRMASTER (6-8 WEEKS)• PROPRIOCEPTION TRAINING (PROP BOARD, BAPS)• AQUACISOR (GAIT TRAINING)• RETROGRADE TREADMILL AMBULATION• INITIATE STEP DOWN PROGRAM (8-10 WEEKS)
Weeks 12-20	Discontinue brace Full ROM	<ul style="list-style-type: none">• LEG PRESS: SQUATS (80 TO 0 DEGREE ARC), LUNGES• AAROM EXERCISES• PROPRIOCEPTION TRAINING (PROP BOARD, BAPS)• ADVANCED PROPRIOCEPTION TRAINING (PERTURBATIONS)• AGILITY EXERCISES (SPORT CORD)• VERSACLIMBER, RETROGRADE TREADMILL RUNNING• QUADRICEPS STRETCHING
Weeks 20-26 	Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com	<ul style="list-style-type: none">• START FORWARD RUNNING (IF DESCEND 8" STEP SATISFACTORILY)• CONTINUE LOWER EXTREMITY STRENGTHENING, FLEXIBILITY, PROPRIOCEPTIVE & AGILITY PROGRAMS• INITIATE PLYOMETRIC PROGRAM (IF SUFFICIENT STRENGTH BASE)• FUNCTIONAL HOP TEST (>85% CONTRALATERAL)
Weeks 26+ 	Lower Body Assessment when initiating return to sport progression (around 6 months). Schedule via QR code or email spc@rushortho.com	<ul style="list-style-type: none">• CONTINUE LOWER EXTREMITY STRENGTHENING, FLEXIBILITY, PROPRIOCEPTIVE & AGILITY PROGRAMS• ADVANCE PLYOMETRIC PROGRAM• ADVANCE AGILITY AND SPORT SPECIFIC PROGRAM