Post-Operative Rehabilitation Guidelines for Posterior Cruciate Ligament Reconstruction

0-3 Weeks: Weight Bearing TTWB, Brace locked at 0 degrees
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

3-6 Weeks: Progressive Weight Bearing TTWB to PWB (75%) with crutches
Brace locked @ 0 degrees
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

6-12 Weeks: D/C crutches when gait is non-antalgic (6-8weeks)
Brace changed to OTS
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)

12-20 weeks: Leg Press: Squats (80 to 0 degree arc)
AAROM exercises
Proprioception Training (Prop Board, BAPS)
Lunges
Advanced Proprioception training (perturbations)
Agility exercises (sport cord)
Versaclimber
Retrograde treadmill running
Quadriceps stretching

20-26 weeks:  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)

> 26 weeks:  Continue lower extremity strengthening, flexibility, proprioceptive &
agility programs
Advance plyometric program
Advance agility and sport specific program