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REHABILITATION GUIDELINES FOR PCL RECONSTRUCTION WITHOUT MENISCUS REPAIR OR CHONDRAL REPAIR PROCEDURE:

Stage 1(Day 1-4 weeks):

ROM: hinged splint locked in full extension, pillow under calf with leg elevated, patellar mobilizations, gradually increase ROM 0-90 degrees, brace during sleep for 6 weeks, but no bracing for physical therapy and controlled range of motion.

Strength: quad sets and SLR (without weights), ROM for flexion 0-45 degrees in sitting position with eccentric and concentric quadriceps, avoid contraction of hamstrings and calf.

Resistance ankle plantar flexion exercises with the knee in extension with rubber tubing.

Mini squats (0-45 degrees). No hamstring PREs

Weightbearing: 25% except for mini squats

Modalities: EMG biofeedback quadriceps prn; EMS prn...NOT to hamstrings; cryotherapy

Sports: none.

Stage 2(4 weeks-6 weeks):

ROM: as above.

Strength: PRE and SLR as above

Weightbearing: 25%

Modalities: as above.

Sports: none.

Stage 3(6 weeks-4 months):

ROM: Increase flexion to within normal limits; may remove brace for sleep at 8 weeks; discontinue bracing by 3-4 months postoperative.

Strength: PRE-quads 0-30 degrees only, hamstrings 0-10 degrees, squats, hip abduction and adduction, stationary bicycling, step-ups(Stair Master), rowing machine, swimming, sliding board

Weight bearing: start at 25%, progress up to 100% by post-op week 12.

Modalities: as above.

Sports: steps-ups, rowing machine, swimming, and slide board

Stage 4(4 months-6 months):

ROM: as above; discontinue bracing altogether except for functional bracing.

Strength: PRE-quad PRE and then graduate to FROM.

Weight bearing: Initiate straight ahead jogging to ½ speed running as tolerated using ACL-PCL brace.

Modalities: prn

Sports: initiate straight jogging to ½ speed running with the PCL brace on after 65% isokinetic quadriceps strength.

Stage 5(6 months and beyond):

ROM: as above

Strengthening: as above

Modalities: as above

Sports: progress through graduated running program such as “functional rehabilitation program”
Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity.

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