Rehabilitation Guidelines for Posterior Cruciate Ligament Reconstruction

0-2 Weeks:
- NWB, Knee immobilizer 3-5 days or until good quad control then transition to Dynamic brace (to be used for 6 month)
- ROM (Prone only): Passive flexion 0-90 degrees in Dynamic brace
- Active Assisted extension 70 to 0 degrees in Dynamic brace
- Patella mobilization
- Towel extensions, prone hangs
- SLR supine in knee immobilizer
- Quadriceps isometrics @ 60 degrees in Dynamic brace

2-6 Weeks:
- 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:
- Progressive Weight Bearing TTWB to PWB (75%) with crutches
- D/C crutches when gait is non-antalgic (6-8weeks)
- Initiate Forward Step Up program (6-8weeks)
- Stationary bike with low resistance settings and leg presses to a maximum of 70° of knee flexion is initiated
- 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:
- Dynamic brace can be discontinued if kneeling stress x-rays demonstrate less than 2mm of difference.
- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Advance plyometric program
- Advance agility and sport specific program