

## Rehabilitation Guidelines following a Posterior Cruciate Ligament (PCL) Reconstruction

## PCL Operative

Avoid isolated hamstring for 4 months.

Immobiliser brace 3 days.

Jack brace after 3 days 0-90 for 2 weeks then full range of movement as tolerated.

Brace for 24 weeks at all times – sleep, rehab, etc. Avoid hyper extension (12 weeks). Crutches non weight bearing (6 weeks).

### 0-6 weeks

PRICE (Protect, Ice, Compression, Elevation)

Patella mobs

Prone passive knee extension

Static quads

Straight leg raise if no lag

Gastrocnemius stretches

Hip adduction / hip abduction

Upper body strength as appropriate

### 6-12 weeks

Continue to wear brace.

Progress weight bearing as tolerated.

Full range of movement supine and prone (carefully with flexion), wear brace for exercises.

Gait re-education

Squat no greater than 70° 3x20

Gait re-education

Leg press 0-70 2 legs

Stationary bike when > 115 flexion

Small step up for quadriceps strengthening, gastrocnemius and light hamstring stretches.

### Week 13-18

Full weight bearing

Avoid isolated hamstrings until 16 weeks.

Can squat past 70° in brace.

Leg press single leg

Single leg bridges from week 16 (2 feet on ball, press heels into ball, lift hips off table hold for 5 seconds). Balance squat (unaffected leg on step behind) to 70° - avoid full knee extension on return. Proprioceptive exercises. Continue with bike.

### 19-24 weeks

Remain in brace

Continue with quads and hamstrings OKC/CKC (open kinetic chain/closed kinetic chain). Sports drills at end of this stage.

### Week 25-36

Wean out of brace

Continue strength and endurance and OKC (open kinetic chain) for quadriceps and hamstrings. Straight line jogging progression. Sports-specific drills.