



PCL/Posterolateral Corner Reconstruction Protocol

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|---------------------------------|--|---|---|--|
| PHASE I 0-6 weeks | FFWB in brace, crutches at all times | 0-1 week: Locked in full extension for ambulation and sleeping 1-6 weeks: Unlocked for ambulation when quad returns. | 0-2 weeks: 0-45° 2-6 weeks: Advance slowly 0-90° Keep posterior calf supported to prevent posterior sag | Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Hamstrings avoidance until 6 weeks post-op |
| PHASE II 6-12 weeks | Advance 25% weekly until full by 8 weeks | Discontinue at 6 weeks/or when quad control improved and no extensor lag with SLR | Full | Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core |
| PHASE III 12-16 weeks | Full | None | Full | Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and straight line running at 16 weeks |
| PHASE IV 16-24 weeks | Full | None | Full | 16 weeks: Begin jumping 20-24 weeks: Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills at 6 months |
| PHASE V >6 months | Full | None | Full | Continue sport-specific training, focus on kinetic chain – core/glutes/hip/quad/hamstring Likely return to play 9-12 months when clears functional tests |