



PCL Reconstruction Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-6 weeks	0-2 weeks: FFWB in brace, crutches at all times 2-6 weeks: Begin WBAT with brace in extension	0-1 week: Locked in full extension for ambulation and sleeping 2-6 weeks: PCL Rebound Brace	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