



# PCL Rehabilitation Protocol

## ROSENBERG COOLEY METCALF

THE ORTHOPEDIC CLINIC AT PARK CITY

[www.rcmclinic.com](http://www.rcmclinic.com)

Thomas D. Rosenberg MD  
Vernon J. Cooley MD

- Post-Op**
- 1) Knee immobilized at 10° flexion
  - 2) Quad isometrics
  - 3) Straight leg raises
  - 4) Quadriceps contractions
- At 2 weeks Post-op**
- 1) Passive range of motion--increase as tolerated
  - 2) Stationary bike--no resistance
  - 3) Non weight-bearing
  - 4) Begin NWB aquatic program if incisions are well healed
  - 5) Avoid isolated hamstring exercises until 6 months post-op.
- 4 weeks**
- 1) Transition to full weight-bearing
  - 2) Brace 0° to 45° for ambulation if sufficient quad
  - 3) Standing squat/toe raises/mini-squat quad exercise
  - 4) Appropriate balance/proprioceptive activities i.e. baps and proffitter.
- 6 weeks**
- 1) Brace 0° to 90°
- 8 weeks**
- 1) Squats/leg press/toe raises (low repetition)
  - 2) Quad-eccentric training
- 12 weeks**
- 1) Discontinue brace
- 6 months**
- 1) Prone hamstring curls
  - 2) Hamstring eccentrics
  - 3) Patterned activity
  - 4) Endurance training
- 9-12 months**
- 1) Return to sports with doctor's release

