



ISOLATED OR COMBINED PCL INJURIES REHABILITATION – FOLLOWING SURGICAL RECONSTRUCTION

PHASE I-

WEEKS 1-2:

- Weight Bearing:
 - Non-weight bearing x6 weeks
- Brace: Extension lock-
 - a) Immobilizer (in case of PWB and/or swelling) or
 - b) Rebound PCL day & night (grey shear knob)
- ROM Limitations:
 - 0-0-90 prone / assisted
- **Physical Therapy Do:**
 - Quad Activation, edema control, closed chain, prone flexion
- **Physical Therapy Don't:**
 - Active flexion, hamstring activation
- Other Considerations:
 - Follow DVT prevention guidelines

PHASE II-

WEEKS 3-6:

- Weight Bearing:
 - Non weight-bearing / Partial weight-bearing (20%) (No PWB in case of varus knee)
- Brace:
 - Rebound PCL (day & night); use grey shear knob – also in case of combined PCL & ACL injury
- ROM Limitations:
 - Non weight-bearing: 0-0-90 (with R PCL)
 - Partial weight-bearing: Extension locked
- **Physical Therapy Do:**
 - Activation, edema control, closed chain, prone flexion, biking low resistance (no toe clips)
**Be careful
- **Physical Therapy Don't:**
 - Perform hamstring activation, open chain
- Other Considerations:
 - Follow DVT prevention guidelines

PHASE III-

WEEKS 7-12:

- Weight Bearing:
 - Weight-bearing slower transition in case of small (auto-) graft size



- Brace:
 - Rebound PCL (day & night); use white shear knob > week 10 – also in case of combined PCL & ACL injury
- ROM Limitations: None
 - Slower progression to full ROM in case of small (auto-) graft size
- **Physical Therapy Do:**
 - Increase resistance, agility and proprioceptive training, Slow down the rehab in case of flat tibial slope
- **Physical Therapy Don't:**
 - Open chain hamstrings, contact sport
- Other Considerations:
 - Follow DVT prevention guidelines

PHASE IV-

>3 MONTHS:

- Weight Bearing:
 - Full weight-bearing
- Brace:
 - Rebound PCL during day for +1 month, or activity, or ADL's w/ deep flex,
 - Wean off > month 6.
 - Continue to wear for next sports season
- ROM Limitations:
 - None
- **Physical Therapy Do:**
 - Progress to general strengthening, elliptical training & biking resistance as tolerated
 - > month 6 progress to full training
 - RTP month 9-12 after sport specific testing
- **Physical Therapy Don't:**
 - RTP without specific training
- Other Considerations:
 - Month 6: kneeling PCL stress x-rays

Abbreviations: PWB: partial weight bearing, WBAT, Weight bearing as tolerated, FWB, Full weight bearing, RTP: Return to play