



## **Post-Operative Rehabilitation Guidelines for Posterior Cruciate Ligament Reconstruction**

### **0-3 Weeks:**

- Weight Bearing TTWB, Brace locked at 0 degrees
- ROM (Prone only): Passive flexion 0-70 degrees,
- Active Assisted extension 70 to 0 degrees
- Patella mobilization
- Towel extensions, prone hangs
- SLR supine with brace locked at 0 degrees
- Quadriceps isometrics @ 60 degrees

### **3-6 Weeks:**

- Progressive Weight Bearing TTWB to PWB (75%) with crutches
- Brace locked @ 0 degrees
- ROM (Prone only): Active Assisted extension 90-0 degrees
- Passive flexion 0-90 degrees
- Short crank (90mm) ergometry
- Leg Press (60-0 degree arc)
- SLR's (all planes): Progressive Resistance
- Multiple-angle Quadriceps Isometrics: 60 to 20 degrees

### **6-12 Weeks:**

- D/C crutches when gait is non-antalgic (6-8weeks)
- Brace changed to OTS
- Initiate Forward Step Up program (6-8weeks)
- Leg Press, Mini-Squats (60-0 degree arc)
- Standard ergometry (if knee ROM > 115 degrees)
- AAROM exercises
- Stairmaster (6-8 weeks)
- Aquacisor (gait training)
- Retrograde treadmill ambulation
- Initiate Step Down Program (8-10 weeks)

### **12-20 weeks:**

- Leg Press: Squats (80 to 0 degree arc)
- AAROM exercises
- Proprioception Training (Prop Board, BAPS)
- Lunges
- Advanced Proprioception training (perturbations)
- Agility exercises (sport cord)
- Versaclimber
- Retrograde treadmill running
- Quadriceps stretching



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ORTHOPEDIC SURGERY

**20-26 weeks**

- Start forward running (if descend 8" step satisfactorily)
- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Initiate plyometric program (if sufficient strength base)
- Functional Hop Test (>85% contralateral)

**> 26 weeks:**

- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Advance plyometric program
- Advance agility and sport specific program