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PCL and Posterolateral Corner Reconstruction

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *Flexion 0-90°; leg raise without lag*	Weeks 0-2: brace at 0°. Weeks 2-6: 0-90°, done lying face down or on the side*. No hyperextension, twisting or varus stress†	Non-weight bearing (toe-touch) with crutches for 6 weeks. Brace locked straight for 2 weeks, then 0-90°	Quad sets, straight-leg raises in brace (calf supported), quad isometrics, calf raises seated, hip abduction and extension in brace, core. NO hamstring exercises*
Phase II **6–12 weeks** GOAL TO ADVANCE *Prone flexion ≥120°; normal gait*	Progress to full	Wean crutches to full weight bearing; switch to dynamic PCL brace (worn until about 6 months)	Wall squats (shin vertical), step-ups, band walks (band above knee), balance, bike, pool. Light seated hamstring curls (≤5 lb) from 8 weeks. No kneeling for 12 weeks
Phase III **3–5 months** GOAL TO ADVANCE *Strength ≥80% of other side*	Full	Dynamic PCL brace	Progress quad and hamstring strength; supervised side-stepping and shuffling at 12 weeks; elliptical, stair machine
Phase IV **5–9 months** GOAL TO ADVANCE *Strength ≥90%; stress x-ray per surgeon*	Full	Discontinue brace at about 6 months per surgeon	Running at 5-6 months; double → single-leg plyometrics; sport-specific drills
Phase V **9–12 months** GOAL TO ADVANCE *Return-to-sport testing passed*	Full without discomfort	—	Unrestricted lifting and return to sport at about 9-12 months**

NOTES

*Gravity and hamstring contraction pull the shin backward and stretch the PCL graft

†Varus stress (knee pushed outward) and twisting the foot outward stretch the posterolateral corner

**If approved by physician