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Posterior Cruciate Ligament (PCL) Reconstruction

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–4 weeks** GOAL TO ADVANCE *Full extension; flexion >60°; leg raise without lag*	Full extension; passive flexion to >60° (seated, assisted). No hyperextension. Support the calf to prevent the shin sagging backward*	Brace locked straight for walking and sleep; partial weight bearing with crutches	Quad sets, straight-leg raises, calf pumps, kneecap mobilization. NO active hamstring exercises*
Phase II **4–12 weeks** GOAL TO ADVANCE *Flexion 90-100°; normal gait; no swelling*	Progress flexion; 90-100° by week 8	Weeks 4-6: weight bearing as tolerated, brace unlocked for supervised walking. Weeks 6-8: unlocked for all activity. Discontinue brace at 8 weeks; wean crutches with normal gait	Weeks 4-8: wall slides 0-45°, leg press 0-60°. Weeks 8-12: mini-squats and leg press 0-90°; stationary bike (seat high, foot forward). Still no hamstring curls
Phase III **3–6 months** GOAL TO ADVANCE *Full motion; strength ≥80% of other side*	Full, pain-free	Full; no brace	Gym strengthening, single-leg work; begin hamstring strengthening (bridges, Romanian deadlift); elliptical
Phase IV **6–9 months** GOAL TO ADVANCE *Strength and hop tests ≥90%*	Full	Full	Return-to-run program, agility and plyometric progression
Phase V **9+ months** GOAL TO ADVANCE *Physician clearance; readiness testing*	Full without discomfort	—	Cutting and pivoting, sport-specific drills; return to sport**

NOTES

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

**If approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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