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**POSTERIOR CRUCIATE LIGAMENT REHABILITATION**

**General Guidelines**

- No open chain hamstring work for first 8 weeks
- Assume 8 weeks graft to bone healing time
- CAUTION- AVOID POSTERIOR TIBIAL TRANSLATION
- No CPM
- Resistance for Hip resistive exercises should be placed above the knee for hip abduction, extension, and adduction.

**REHABILITATION PROGRESSION**

The following is a general guideline for progression of the rehabilitation program following PCL or PCL/ACL reconstruction. Progression through each phase should take into consideration patient status (e.g. Healing, function) and Physician advisement. Please consult the Physician if there is uncertainty regarding the advancement of a patient to the next phase of rehabilitation

**PHASE I – MAXIMAL PROTECTION**

**STAGE 1:** 1-7 Days post op

Weight bearing status – to tolerance with crutches, knee locked in full extension

Polar pack – use as needed based on pain and swelling after the first 48 hours

Brace – locked at 0 degrees except for exercise when it can be opened to 30 degrees

Exercises

- Quad sets
- SLR. If there is an extensor lag, start with side lying terminal knee extension until they achieve full active extension
- Hip abduction and adduction. Ensure the posterior knee is supported to prevent posterior sag.
- Ankle pumps
- Patellar mobilization

**STAGE 2:** Weeks 2-4

## Posterior Cruciate Ligament Rehabilitation Guidelines

Weight bearing status – to tolerance with crutches, knee locked in full extension

Polar pack – use as needed based on pain and swelling

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Brace – Locked in neutral for ambulation

- Open to 60 degrees for exercise at week 2
- Open to 90 degrees for exercise at week 4

Exercises

- Quad sets
- SLR's without an extensor lag
- Standing hip abduction, adduction and extension with theraband, resistance above the knee
- Standing calf exercises
- As control is regained, initiate balance and proprioceptive exercises

### **STAGE 3:** Week 5-6

Weight bearing status – to tolerance with crutches. Open brace to 60 degrees for ambulation at week 5 and 90 degrees at week 6

Brace – open to 105 degrees at week 5  
Open completely at week 6

Exercises

- Quad sets
- SLR's
- Isotonic hip abduction, adduction and extension with resistance above the knee
- Leg press to 60 degrees only. WATCH CAREFULLY TO ENSURE THERE IS NO POSTERIOR SAG OF THE TIBIA ON THE FEMUR
- Stationary bike with light resistance
- EFX/Arc trainer. Keep Cross ramp low and resistance low.
- Patellar mobilizations

### **PHASE II – MODERATE PROTECTION**

#### **STAGE 4:** Weeks 6-8

Weight bearing – With functional brace without crutches depending on amount of compensation

Brace – functional brace

## Posterior Cruciate Ligament Rehabilitation Guidelines

### Exercises

- Leg press to 90 degrees
- Isotonic hip abduction, adduction and extension with the resistance above the knee
- Week 8
  - May initiate mini squats to 45 degrees
  - Mini lunges to 45 degrees.
- Balance/proprioceptive exercises
- Bike, EFX, Arc trainer

### **STAGE 5:** Week 8-12

Brace –functional brace at all times

### Exercises

- As above
- 2” step ups
- Balance/proprioceptive exercises

### **MIMINAL PROTECTION**

### **STAGE 6:** Week 12+

Brace –functional brace for increased activities

### Exercises

- If isokinetic test at 12 weeks shows strength at 70%+, can increase activities
- Functional/sports specific training
- Agility/coordination drills
- Strengthening/endurance exercises
- Balance/proprioceptive exercises