



PCL RECONSTRUCTION + MENISCUS REPAIR POSTOPERATIVE REHABILITATION PROTOCOL

Date of Surgery: _____

Procedure(s) Performed: _____

	Weight bearing Status	Brace	Range of Motion	Recommended Therapeutic Exercises	PATIENT'S CHECKLIST
Week 1-3	Toe touch, weight bearing Crutches: Yes	YES	0-60° only until week 2 Then 0-90° only till week 6 Do not exceed 90 degrees	<ol style="list-style-type: none"> 1. Modalities as needed to decrease pain and swelling 2. Quad sets, patellar mobs, gastroc/soleus stretch 3. SLR w/ brace in full extension until quad strength prevents extension lag 4. Side-lying hip/core 5. Hamstrings avoidance until 6 wks post-op 	<input type="checkbox"/> Day 1: take off Ace-wrap <input type="checkbox"/> Take Aspirin as recommended daily for 30 days (unless other medication was prescribed) <input type="checkbox"/> Focus on regaining FULL EXTENSION <input type="checkbox"/> Exercise 4x-6x daily and use Ice <input type="checkbox"/> Keep up with range of motion 0-60° only until week 2 0-90° only until week 6
Week 4-6	Progress to Full weight	YES	0-90 Degrees for 6 weeks Do not exceed 90 degrees	Begin toe raises, closed chain quads, balance exercises, step-ups, front and side planks; advance hip/core;	<input type="checkbox"/> Do not exceed 90 degrees <input type="checkbox"/> Swelling AND/OR bruising may pool behind the knee, ankle, and foot (normal). IF you have persistent calf pain, call the office. <input type="checkbox"/> Make appointment with physical therapy, START 3-7 days after surgery.
Week 6-12	Full	Taper off	Full	OK for stationary bike, gentle progressive hamstring curls at 6 weeks	

Week 12-16	Full	None	Full	Advance closed chain strengthening Progress proprioception activities Begin stairmaster, elliptical and running straight ahead at 12 weeks	
Week 16-24	Full	None	Full	16 wks: Begin jumping 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills	
>6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA*** Maintenance program based on FSA	

***Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab

Adopted from Brian Cole, MD, MBA postoperative PCL rehabilitation protocol