



## **PCL Post-Operative Rehabilitation (Allograft, Autograft)**

ROM Restrictions: \_\_\_\_ext. to \_\_\_\_flex.

Brace Settings: \_\_\_\_ext. to \_\_\_\_flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

### **PHASE I EXERCISES (Weeks 1 through 6)**

- Extension/Flexion (wall slides, sitting, prone)
- Quad sets with straight leg raises
- Hamstring sets NONE
- Patellar mobilizations/quad and patellar tendon mobilization (emphasize)
- 1/3 knee bends begin at 7 weeks
- Toe and heel raises begin at week 3

#### **Muscle Stretches**

- Sit and reach for hamstrings +/- towel
- Stork stand for quadriceps begin at 7 weeks
- Runners stretch for calf and Achilles begin at 7 weeks

### **CARDIOVASCULAR EXERCISE**

- Bike and row single well leg (weeks 3-6)
- Both leg bike no resistance (begin at 7 weeks)
- Elliptical trainer (begin at 12 weeks)
- Rowing (begin at 12 weeks)
- Stair stepper (begin at 3 months)
- Treadmill incline 7-12% very slow pace (begin at 10 weeks)

### **PHASE II SPORT CORD EXERCISES (begin after 6 weeks)**

- Double knee bends (weeks 8 to 12)
- Carpet drags (8 weeks on)
- Gas pedal (weeks 12)
- Forward/backward jogging (begin at 10 weeks)
- Single knee bends (begin at week 10)
- Side to side lateral agility (begin at 12 weeks)

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**PHASE III-WEIGHTS (begin after 16 weeks)**

- Leg press to 90 degrees
- Leg curls-extend to neutral only
- Abduction/adduction
- Balance squats
- Mini squats with bar

\*no open chain extensions

**PHASE IV- HIGH LEVEL ACTIVITIES**

- Outdoor biking (begin at 12 weeks)
- Rollerblading (begin at 6 months)
- Running ( begin at 6 months)
- Skiing, basketball, football, soccer (begin at 6 months)
- Golf (begin at 6 months)
- Agility exercises ( begin at 4 months)
- Mountain Bike ( begin at 6 months)