

Posterior Cruciate Ligament Reconstruction

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-6 weeks	Full in brace (a)	0-4 weeks: Locked in full extension for ambulation and sleeping 4-6 weeks: Unlocked for ambulation, remove for sleeping (b)	ROM – passive flexion only, advance to 90 degrees by 6 weeks	Heel slides, quadriceps/hamstring sets, patellar mobilization, calf (gastrocnemius/soleus) stretch SLR w/ brace in full extension until quadriceps strength prevents extension lag Side-lying hip/core
Phase 2 6-12 weeks	Full, progressing to normal gait pattern	Wean from bracing starting at 6 weeks once normal, painless gait obtained	Gain full and pain-free	ROM – Continue with daily ROM exercises, initiate AROM progressing to Full by 12 weeks Gait training with/without brace as tolerated Strengthening – Increase closed chain activities to 0-90 degrees. theraband, wall squats/slides Stationary bike for ROM, initiate light resistance, and cardio Closed chain knee extension, balance, and proprioception activities
Phase 3 12-16 weeks	Full with a normalized gait pattern	Full	None	Advance closed chain strengthening Progress proprioception activities Begin stair climber, elliptical at 12 weeks and running straight at 14 weeks when 8” step down is satisfactory

Phase 4 16 weeks – 6 months	Full	None	Full	16 weeks: Begin jumping 20 weeks: Advance running to sprinting, backward running, cutting, pivoting, changing direction, initiate plyometric program and sport-specific drills 22 weeks: Advance as tolerated FSA completed at 24 weeks (b)
Phase 5 6-12 months	Full	None	Full	Gradual return to sports participation after completion of functional sports assessment (FSA) Maintenance program based on FSA
SLR – Straight-leg raise (a) Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure (b) Completion of FSA (Functional Sports Assessment) is not mandatory, but is recommended at approximately 22 weeks post- op for competitive athletes returning to play after rehabilitation				