



**PCL RECONSTRUCTION + MENISCUS REPAIR (Non-Root/Radial) POSTOP REHABILITATION PROTOCOL**

Date of Surgery: \_\_\_\_\_

Procedure(s) Performed: \_\_\_\_\_

	Weight bearing Status	Brace	Range of Motion	Recommended Therapeutic Exercises	<b>PATIENT'S CHECKLIST</b>
Week 1-3	Toe touch, weight bearing  <b>Crutches: Yes</b>	YES	<b>0-60° only until week 2</b>  <u>Then</u> 0-90° only till week 4  Do not exceed 90 degrees	<ol style="list-style-type: none"> <li>1. Modalities as needed to decrease pain and swelling</li> <li>2. Quad sets, patellar mobs, gastroc/soleus stretch</li> <li>3. SLR w/ brace in full extension until quad strength prevents extension lag</li> <li>4. Side-lying hip/core</li> <li>5. <b>Hamstrings avoidance until 6 wks post-op</b></li> </ol>	<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 <b>FULL EXTENSION</b>  <input type="checkbox"/> Exercise 4x-6x daily and use Ice  <input type="checkbox"/> <b>Keep up with range of motion</b> 0-60° only until week 2 0-90° only until week 4
Week 4-6	Progress to Full weight	YES	As tolerated Generally, do not push flexion	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 until after 4 weeks postop  <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"/> <b>Make appointment with physical therapy, START 3-7 days after surgery.</b>
Week 6-12	Full	Taper off	Full	OK for stationary bike, gentle progressive hamstring curls <b>at 6 weeks</b>	

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	<b>16 wks:</b> Begin jumping  <b>20 wks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills	
>6 months	Full	None	Full and pain-free	<b>Gradual return to sports participation after completion of FSA***</b>  <b>Maintenance program based on FSA</b>	

\*\*\*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