



**ARTHROSCOPY & SPORTS
MEDICINE CLINIC**

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Rehabilitation Instructions

Posterior Cruciate Ligament Reconstruction

No hamstring strengthening or posterior force on tibia for 4 months

Phase I (0-4 weeks):

Brace:

- Locked 15-degrees at all times for 1st week.

Weight Bearing:

- As tolerated with crutches in brace locked at 15-degrees

Range Of Motion (ROM):

- PROM 0-120-degrees; lock brace at limit of knee flexion AROM

Strengthening Exercises:

- SLR (no sagging)
- Hip extension/abduction/ adduction exercises
- Calf press with Theraband, slowly progressing to toe raises with full knee extension
- Stationary bike without toe clips with minimal resistance

Phase II (4-8 weeks):

ROM:

- Full AROM

Brace:

- Unlocked for all activities when AROM greater than 120-degrees

Weight Bearing:

- Tolerated with crutches; D/C crutches after 6-8 weeks

Strengthening Exercises:

- Quad sets, mini-squats, wall slides,
- Gait training/ initial proprioceptive training
- Resisted hip exercises

Phase III (8-12 weeks):

Strengthening Exercises:

- Stationary bike for cardiovascular training
- Leg press (limited to 90 degrees knee flexion)
- Core and gluteal training; no hamstrings

Phase IV (12 weeks-9 months):

Strengthening Exercises:

- Advanced closed chain strengthening
- Advance proprioception and balance training
- Initiate treadmill walking to jog progression
- Sport-specific progression
- Progress to running
- Initiate plyometric training
- Return to sport (MD directed)