

## PCL Reconstruction Rehab Timeline

### Week 0-2:

Walking	Range of Movement	Swelling	Strength
<ul style="list-style-type: none"> <li>WBAT unless stated in protocol</li> <li>With/without E/C</li> </ul>	<ul style="list-style-type: none"> <li>Braced 0° ext</li> <li>PROM 0-70° in prone (other leg)</li> <li>Patella mobs</li> <li><b>Education</b> - posterior sag (pillow under calf)</li> </ul>	<ul style="list-style-type: none"> <li>Ice and elevation</li> </ul>	In Brace: <ul style="list-style-type: none"> <li>SQs</li> <li>SLR</li> <li>Hip abd/add</li> </ul>

Femoral overpressure in the early stages can be performed if not getting full ext to 0°

### Week 2-4:

Walking	Range of Movement	Swelling	Strength
<ul style="list-style-type: none"> <li>WBAT unless stated in protocol</li> <li>With/without E/C</li> </ul>	<ul style="list-style-type: none"> <li>Braced 0° ext</li> <li>PROM 0-70° in prone (other leg)</li> <li>Ensure getting 0° ext</li> </ul>	<ul style="list-style-type: none"> <li>Continue with ice and elevation regularly</li> </ul>	Add in: <ul style="list-style-type: none"> <li>Glut max (prone)</li> <li>Double leg heel Raises</li> </ul>

If not getting full extension to 0° bring back for ext stretches (femoral overpressure)

### Week 4-6:

Walking	Range of Movement	Other	Strength
<ul style="list-style-type: none"> <li>Brace unlocked to 90°</li> <li>Gait re-ed with/without E/C</li> </ul>	<ul style="list-style-type: none"> <li>Brace locked 0-90°</li> <li>AROM 0-90°</li> </ul>	<ul style="list-style-type: none"> <li>Neuromuscular control</li> <li>Proprioception</li> <li>Balance</li> <li>Hams stretches (in Brace)</li> </ul>	Add in: (in Brace) <ul style="list-style-type: none"> <li>Wall slides ≤ 45°</li> <li>IRQ – Block more under tibia</li> </ul>

#### **See at Week 6:**

- Full ext to 0°
- Flexion to 90° in brace
- SLR with no lag
- No swelling

### Week 6-8:

Walking	Range of Movement	Strength	Gym
<ul style="list-style-type: none"> <li>Gait re-ed in brace</li> </ul>	<ul style="list-style-type: none"> <li>AROM 0-90°</li> </ul>	<ul style="list-style-type: none"> <li>Glut med (clam)</li> <li>Single leg dips</li> <li>Single leg heel raises</li> <li>Lunges</li> </ul>	<ul style="list-style-type: none"> <li>Bike – low resistance (high seat)</li> </ul>

### Week 8-12:

Walking	Range of Movement	Strength	Gym
<ul style="list-style-type: none"> <li>• D/C Brace</li> <li>• Wean of E/C if applicable</li> <li>• Advice to wear brace outside</li> <li>• Normal gait pattern</li> </ul>	<ul style="list-style-type: none"> <li>• Full AROM</li> <li>• Do not force full flexion</li> <li>• Do not force hyperextension</li> </ul>	<ul style="list-style-type: none"> <li>• As previous</li> <li>• Push control with knee dips</li> </ul> <p><b>No Hamstring work until week 12</b></p>	<ul style="list-style-type: none"> <li>• Bike – low resistance (high seat)</li> <li>• Cross trainer</li> <li>• Stepper</li> <li>• Quads bench 60°-0°</li> </ul>

\* Can return to driving as comfortable once brace discharged

### Week 12:

Walking	Range of Movement	Strength	Gym
<ul style="list-style-type: none"> <li>• Normal gait pattern – no brace</li> </ul>	<ul style="list-style-type: none"> <li>• Push hyperextension (femoral overpressure)</li> <li>• Push flexion</li> </ul>	<p>Start Hams work</p> <ul style="list-style-type: none"> <li>• Hams in prone – mid range (70-90°)</li> </ul> <p><b>Week 14</b></p> <ul style="list-style-type: none"> <li>• Hams curls in standing</li> </ul>	<ul style="list-style-type: none"> <li>• Bike – ↑ resistance</li> <li>• Cross trainer</li> <li>• Stepper</li> <li>• Treadmill walking</li> <li>• Quads Bench – full range</li> </ul>

**If meeting all criteria – see at Week 16**

- Full flexion
- Full ext/hyperextension
- Knee dips control L=R
- No swelling
- No lag on SLR

### Week 16:

Walking	Range of Movement	Strength	Gym
<ul style="list-style-type: none"> <li>• FWB</li> <li>• No limp</li> </ul>	<ul style="list-style-type: none"> <li>• Full flexion and hyperextension</li> </ul>	<ul style="list-style-type: none"> <li>• Hams Bench</li> </ul>	<ul style="list-style-type: none"> <li>• As previous</li> </ul>

### Week 18:

Strength	Gym
<ul style="list-style-type: none"> <li>• Quads/Hamstring test</li> <li>• (If strength test passed can begin plyometrics and interval jogging)</li> </ul>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• Quads Bench</li> <li>• Hams Bench</li> </ul>

### Week 21:

- Plyometric test (Passed if over 85% of non-op leg on 3 hop test)
- Passes quads/hams strength test (Passed if over 95% of non-op leg)
- Discharge with sprint training programme – SOS 6/52
- Advise that
  - Quads/hams ratio over 85% of same leg (quads>hams) prior to return to sport
  - No contact/competitive sport 9-12 months