



Posterior Cruciate Ligament Reconstruction Post-Operative Rehabilitation Protocol

0-3 Weeks:

- Weight Bearing TTWB, Brace locked at 0°
- ROM (Prone only): Passive flexion 0-70°
 - Active Assisted extension 70 to 0°
- Patella mobilization
- Towel extensions, prone hangs
- SLR supine with brace locked at 0°
- Quadriceps isometrics @ 60°

3-6 Weeks:

- Progressive Weight Bearing TTWB to PWB (75%) with crutches
 - Brace locked @ 0°
- ROM (Prone only): Active Assisted extension 90-0°
 - Passive flexion 0-90°
- Short crank (90 mm) ergometry
- Leg press (60-0° arc)
- SLRs (all planes): progressive resistance
- Multiple-angle quadriceps isometrics: 60 to 20°

6-12 Weeks:

- D/C crutches when gait is non-antalgic (6-8 weeks)
- Brace changed to OTS
- Initiate Forward Step-Up program (6-8 weeks)
- Leg Press, Mini-Squats (60-0° arc)
- Standard ergometry (if knee ROM > 115°)
- AAROM exercises
- Stairmaster (6-8 weeks)
- Proprioception Training (Prop Board, BAPS)
- Aquacisor (gait training)
- Retrograde treadmill ambulation
- Initiate Step-Down program (8-10 weeks)

12-20 weeks:

- Leg press, squats (80 to 0° arc)
- AAROM exercises
- Proprioception training (Prop board, BAPS)
- Lunges
- Advanced proprioception training (perturbations)
- Agility exercises (sport cord)



- VersaClimber/Nordic Track
- Retrograde treadmill running
- Quadriceps stretching

20-26 weeks:

- Begin forward running (treadmill) program when 8" step down satisfactory
 - **Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com
- Continue strengthening & flexibility program
- Advance sports-specific agility drills
- Functional hop test (>85% contralateral)
- Start Plyometric program



> 26 weeks:

- Continue lower extremity strengthening, flexibility, proprioceptive and agility programs
- Advance plyometric program, Return to Sport (MD Directed)
- **Lower Body Assessment when initiating return to activity progression. Schedule via QR code or email spc@rushortho.com

