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POSTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Phase I - Maximum Protection (Weeks 0 to 6):

- Brace at all times locked at 0⁰/0⁰ for six to eight weeks
- Ice and modalities to reduce pain and inflammation
- Use crutches PWB for 6 weeks
- Initiated patellofemoral mobilizations
- Limit ROM 0-90 with passive prone flexion or seated with anterior tibial translation by the patient or therapist for first 6 weeks
- Quadriceps setting; towel placed behind tibia
- Straight leg raises in the brace

Phase 11- Progressive Stretching and Early Strengthening (Weeks 6 to 12):

- Continue with modalities to control inflammation
- Open brace 0⁰-90⁰ when patient demonstrates good quadriceps function
- Progress to full knee ROM. Minimize posterior tibial translation
- May begin active hamstring contractions
- Begin total leg strengthening with SLR program (**no resisted hamstrings x 12 wks**)
- Gym strengthening (leg press, calf raises, abd/add) no hamstrings
- Bilateral closed kinetic chain squatting
- Multi-plane open and closed kinetic chain hip strengthening
- Unilateral step-up progression
- Stationary biking
- Pool program; shallow and deep-water exercise only. No running

Phase III - Advanced Strengthening and Proprioception Phase (Weeks 12 to 20):

- Full range of motion
- Advance cardiovascular program; stationary bike, treadmill walking, elliptical trainer
- Increase intensity of closed kinetic chain exercises
- Begin resisted hamstring exercises

Phase IV - Advance Strengthening and Return to Sport (Weeks 20 to 9mo/12mo):

Pool running at 20 weeks

Dry land running at 24 weeks

Multidirectional agility drills at 7-8 months

Return to sport 9-12 months