



PCL and ACL/PCL Reconstruction Rehabilitation Program

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Diagnosis: Right / Left PCL reconstruction _____

Date of Surgery: _____

Weeks 0-4 (Phase I):

- ›› Weightbearing
 - 0-4 weeks: As tolerated (WBAT) with crutches, discontinue crutches after 6 wks
- ›› Brace/ROM
 - 0-1 week: Brace locked in full extension at all times, no ROM
 - 1-4 weeks: Brace locked in extension during WB activities/ambulation, passive ROM only, maintain anterior (forward) pressure on tibia to prevent posterior sag at all times
- ›› Exercise
 - 0-4 weeks: Quad sets, patellar mobs, SLRs, hamstring/calf stretches, toes raises in knee extension, avoid any active flexion/active hamstring curls

Weeks 4-8 (Phase II):

- ›› Full WB without crutches
- ›› Brace/ROM
 - 4-6 weeks: brace unlocked for exercises/gait training, maintain full extension and progressive flexion
 - 6-8 weeks: brace unlocked for all activities, discontinue brace at 8 weeks
- ›› Gait training, wall slides, mini-squats, resisted hip exercises when standing

Weeks 8-12 (Phase III):

- ›› Stationary bike with light resistance, closed chain terminal knee extensions
- ›› Stairmaster, balance and proprioceptive activities
- ›› Leg press up to 90 degrees of flexion

Months 3-9 (Phase IV):

- ›› Advance closed chain strengthening and Phase III activities
- ›› Treadmill walking to jogging to running progression
- ›› After 9 month mark, begin backward running, cutting, sport specific program

For more information please visit: www.NuelleSportsMD.com