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REHABILITATION GUIDELINES FOR PCL RECONSTRUCTION WITH MENISCUS REPAIR OR CHONDRAL REPAIR PROCEDURE:

Stage 1(Day 1-4 weeks):

ROM: hinged splint locked in full extension, pillow under calf with leg elevated, patellar mobilizations, gradually increase ROM 0-90 degrees, brace during sleep for 6 weeks, but brace off for controlled physical therapy and range of motion.

Strength: quad sets and SLR (without weights), ROM for flexion 0-45 degrees in sitting position with eccentric and concentric quadriceps, avoid contraction of hamstrings and calf.

Resistance ankle plantar flexion exercises with the knee in extension with rubber tubing.
No hamstring PREs.

Weightbearing: 0%

Modalities: EMG biofeedback quadriceps prn; EMS prn...NOT to hamstrings; cryotherapy

Sports: none.

CPM(ONLY IF CHONDRAL REPAIR): If there is a chondral repair procedure(microfracture, autologous chondrocyte implantation, or osteochondral autograft transfer), then the CPM is used for a cumulative of 6 hours per day for the first 6 weeks post-operative(1-2 hours at a time) with a ROM of 0-30 degrees. Patient may take the knee brace off for CPM.

Stage 2(4 weeks-6 weeks):

ROM: as above.

Strength: PRE and SLR as above

Weightbearing: 0%

Modalities: as above.

Sports: none.

CPM: As noted above.

Stage 3(6 weeks-4 months):

ROM: Increase flexion to within normal limits; may remove brace for sleep at 8 weeks; wean entirely from bracing by 3-4 months postoperative.

Strength: PRE-quads 0-30 degrees only, hamstrings 0-10 degrees, squats, hip abduction and adduction, stationary bicycling, step-ups(Stair Master), rowing machine, swimming, sliding board

Weight bearing: start at 25%, progress up to 100% by post-op week 12.

Modalities: as above.

Sports: steps-ups, rowing machine, swimming, and slide board

Stage 4(4 months-6 months):

ROM: as above; no bracing except for functional braces.

Strength: PRE-quad PRE into full extension with gradual transition

Weight bearing: Initiate straight ahead jogging to ½ speed running as tolerated using PCL brace.

Modalities: prn

Sports: initiate straight jogging to ½ speed running with the PCL brace on after 65% isokinetic strength.

Stage 5(6 months and beyond):

ROM: as above

Strengthening: as above

Modalities: as above

Sports: progress through graduated running program such as “functional rehabilitation program”

Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity.

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