



PCL and/or PLC Reconstruction

Phase 1 – Motion and Mobility

Weeks 0-4:

- Patellar mobilizations, including quad & patellar tendon
- Quad sets with towel placed behind tibia (with NMES, biofeedback)
- SLR in brace
- ROM: limited 0-70° with passive prone flexion or seated with manual anterior tibial translation
- *No bike
- *No isolated hamstring activation
- ROM: 0-70° passively with prone knee flexion; NO wall slides
- Brace: Locked at 0° x 6 weeks
- Weight-bearing: TTWB

Weeks 5-6:

- Active assisted knee extension 90-0 degrees (PRONE only); leg press 60-0 degree arc
- ROM: 0-90 degrees
- Brace: locked at 0 deg
- Progress weightbearing to PWB (75%) with crutches

Phase 2 – Endurance

Weeks 7-12:

- Progress to full knee ROM. Minimize posterior tibial translation
- Initiate bike for motion
- Initiate hamstring activation but without resistance until 12 weeks
- Gait normalization and pool walking
- Double leg shuttle leg press for muscle activation
- Begin double knee bends/mini squat at week 10
- ROM: Progress to full
- Brace: 0-90° for ambulation
- Weight-bearing: WBAT with brace locked at 0° weeks 7-8; WBAT with brace 0-90° weeks 9-12

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TENNESSEE ORTHOPAEDIC ALLIANCE

Phase 3 – Strength

Weeks 13-20:

- Closed-chain progression (including squat, lunge, step-up, bridge)
- Progress from double leg -> single leg; from stable -> unstable surfaces
- Balance progression
- Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
- Bike for cardiovascular endurance
- Initiate resisted hamstring activities
- *No transverse/rotational activities until 6+ months

Phase 4 – Agility, Power, Return to Sport

- Initiate squat jump progression from shuttle to gravity dependent position
- Sport-specific movement patterns practiced in supervised and controlled environment
- Graded re-integration into sport activities with MD and PT clearance

Return to Activities

| | |
|------------------------|--|
| Running | 6 months |
| Golf | Short irons at 5 mos, full swing w/long irons at 6 mos. Delay 4-6 wks if lead leg |
| Pivoting/cutting sport | When functional criteria are met and cleared by surgeon, typically 9-12 months at the earliest |

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