

Arthroscopic PCL Reconstruction

Precautions: TDWB x 6wks - Brace at all times x6wks

Phase I: (1-2 weeks)

Brace locked in full extension
Goal 0-90 degrees
Patellar mobilization

Phase II: (2-6 weeks) – Regain motion / Light Strengthening

Advance gentle PROM
Goal 0-90 degrees
Patellar mobilization
Stationary exercise bike – no resistance

Phase III: (6-12 weeks) – Maintain motion / Basic Strength and Conditioning

Restore full AROM/PROM Motion
Patellar mobilization
Restore normal gait

Phase IV: (12-18 weeks) – Advanced Strength and Conditioning

Begin light strength training
Maintain full motion
Patellar mobilization

Phase V: (18-24 weeks) – Early Return to Sport Specific Training

Progress advanced strengthening
Return to sport specific training

Phase VI: (24 weeks) – Return to Sport