



Shane Nho, MD
Allison Petersen, PA-C
P(312)432-2525
F(708)492-5525

Posterior Cruciate Ligament Reconstruction Rehabilitation Protocol

Weeks 0-3

- Weight Bearing TTWB, Brace locked at 0 degrees
- ROM (Prone only): Passive flexion 0-70 degrees,
- Active Assisted extension 70 to 0 degrees
- Patella mobilization
- Towel extensions, prone hangs
- SLR supine with brace locked at 0 degrees
- Quadriceps isometrics @ 60 degrees

Weeks 3-6

- Progressive Weight Bearing TTWB to PWB (75%) with crutches
- Brace locked @ 0 degrees
- ROM (Prone only): Active Assisted extension 90-0 degrees
- Passive flexion 0-90 degrees
- Short crank (90mm) ergometry
- Leg Press (60-0 degree arc)
- SLR's (all planes): Progressive Resistance
- Multiple-angle Quadriceps Isometrics: 60 to 20 degrees

Weeks 6-12

- D/C crutches when gait is non-antalgic (6-8weeks)
- Brace changed to OTS
- Initiate Forward Step Up program (6-8weeks)
- Leg Press, Mini-Squats (60-0 degree arc)
- Standard ergometry (if knee ROM > 115 degrees)
- AAROM exercises
- Stairmaster (6-8 weeks)