

Jeremy Woodson, MD
Board Certified Orthopedic Surgeon

Phone: 405-230-9540 • Appointments: 405-230-9270 • Fax: 405-230-9541

www.jeremywoodsonmd.com

WOODSON PCL RECONSTRUCTION REHAB PROTOCOL

General Info:

This is a list of general guidelines for a PCL reconstruction rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Post-Op Weeks 0-6: Phase I

- ROM:
 - 0-4 weeks: full extension (avoid over pressure); flexion to 90° (no post sag)
 - 4-6 weeks: progress flexion to 110°
- Weight bearing:
 - 0-4 weeks: weight bearing as tolerated (full extension)
 - 4+ weeks: full weight bearing
- Brace and Crutch Use:
 - 0-4 weeks: brace locked in full extension
 - 4-6 weeks: open brace to full if good quad control
 - 6+ weeks: DC brace and crutches when gait is normal
 - Criteria for full ambulation without crutches:
 - At least 6 weeks post-op
 - 0° extension and 70° knee flexion
 - 30 straight leg raises without a lag
 - 20 secs of single leg balance
 - Symmetrical gait without a limp
- Strengthening and Conditioning:
 - 0-4 weeks: quad sets, straight leg raises, weight shifts
 - 4-6 weeks: add mini-squats, partial range leg press

Post-Op Weeks 6-12: Phase II

- ROM:
 - 6- 8 weeks: maintain extension, progress flexion to 130°
 - 8+ weeks: progress flexion to full
- Strengthening:
 - Leg press, step-ups, and Romanian deadlifts
 - Squat progression (bodyweight squats to single leg squats)
 - Core exercises (v-ups, single-leg bridging)
 - No open chain hamstring strengthening
- Conditioning:
 - Stationary biking (initiate at 110° flexion)
 - Elliptical and rowing machine
 - Initiate jogging program if following criteria is met:

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- At least 12 weeks post-surgery
- Pain less than 3/10
- Within 2° of normal knee extension and 120° of normal knee flexion
- Quad and hamstring strength >60% normal
- At least 1 minute of single leg squats
- MD approval

Post-Op Weeks 12-24: Phase III

- Strengthening:
 - Gym strengthening (barbell squats and deadlifts)
 - Core exercises (mountain climbers, planks, V-ups)
 - Initiate progressive isolated hamstring strengthening
- Conditioning:
 - Biking, elliptical, jogging, swimming
- Plyometrics and light agility:
 - 16 weeks: ladder drills, double leg box jumps, side shuffle
 - 20 weeks: single leg box jumps and hopping, light agility
- Criteria for heavy agility and sport specific movements
 - 20 weeks post-surgery
 - Pain less than 2/10
 - Quad and hamstring strength >80% normal; >50% H/Q ratio for females
 - <5 on landing error scoring system
 - MD approval

Post-Op Weeks 24+: Phase IV

- Strengthening:
 - Progress gym strengthening (barbell squats, deadlifts, etc.)
 - Biodex quad and hamstring fatigue protocols and core exercises
- Conditioning:
 - Jogging, biking, swimming, and interval sprint workouts
- Plyometrics (2-3 times per week):
 - Max effort box jumps (progress with rotation)
 - Single leg hops
 - Unpredictable cutting agility and contact drills

Criteria for return to play:

- 2/10 max pain
- >75/100 on ACL=RSI survey
- Quad and ham strength >90% of normal, >60% H/Q ratio for females
- At least 3 minutes of single leg squats (resisted)
- 90% normal on single-leg hop tests
- 95% normal figure of 8, 5-10-5 pro-agility and S-L vertical jump
- MD approval