

PCL Reconstruction

Name: _____

DOB: _____

Dr: Doan

DOS: _____

Weeks from surgery

ROM RESTRICTIONS		Weeks from surgery											
		ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-30+
Prone 0-90 x 2 weeks then FROM	Flexion/Extension - Prone												
	Flexion/Ext – seated/calf assisted												
	Patella/Tendon mobilization												
	Extension mobilization (no hyperext)												
	Quad sets												
	Hamstring sets												
	Terminal knee extension, Straight leg raise (when no quad lag)												
	Ankle pumps												
	Bike with no resistance												
	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee												
BRACE SETTINGS	Muscular Endurance 3 x 15, 45s rest									9-14+			
	Lateral band stepping												
	Single leg leg press												
	Squat progression												
	RDL												
	Tuck squat												
Immobilizer until PCL Brace x 6 months	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
	Muscular Strength 3 x 10 120s rest										15-20+		
	Lateral band stepping												
	Single leg leg press												
	Hex bar squat												
	Kettlebell deadlift												
	Elevated split squat												
	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference												
	Muscular Power 3 x 6, 180s rest											21-26+	
	Front squat												
Barbell deadlift													
Weight Bearing status	Split jumps												
	Sled drags												
	Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side												
	Running, Speed & Agility												27-30+
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills												
	High Level Activities											21-26+	
	Golf, outdoor biking												
Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria													