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PCL and PCL/ACL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I 0 - 4 weeks	As tolerated with crutches*	0-1 week: locked in full extension at all times 1-4 weeks: locked in full extension for ambulation - removed for exercise	0-1 week: None 1-4 weeks: passive only** to tolerance	Quad sets, ankle pumps, SLR, hip ab/ adduction, hamstring/calf stretch, calf press with theraband progressing to standing toe raises with full knee extension, standing hip extension
PHASE II 4 - 12 weeks	As tolerated with crutches - gradually discontinue after 6-8 weeks	4-6 weeks: unlocked for gait training/exercise only 6-8 weeks: unlocked for all activities 8 weeks: discontinue use	Maintain full extension and progressive flexion	4-8 weeks: gait training, wall slides, mini-squats, resisted hip exercises in standing*** 8-12 weeks: stationary bike with light resistance (to begin) and seat higher than normal, closed chain terminal knee extensions, Stairmaster, balance and proprioception activities, leg press (limiting knee flexion to 90°)
PHASE III 12 weeks - 9 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception and balance activities, maintain flexibility, begin treadmill walking to jog progression
PHASE IV 9 months and beyond	Full	None	Full and pain-free	Maintain strength, endurance, and function, begin sport-specific functional progression (backward running, cutting, grapevine, etc.), progress to running, initiate a plyometric program