



PT Protocol
PCL Reconstruction
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Phase 1: 0-6 Weeks

Goals

Protect graft avoiding posterior tibial sag at all times, decrease pain and swelling, restore ambulation, activate quad, ADL strategies

Brace/crutches

Brace used when not in PT for first 6 weeks post op
Post op brace locked in extension when not in PT for first 4 weeks
WBAT with crutches and brace locked 0-4 weeks
When not weight bearing may go 0-90 degrees after 4 weeks

Range of Motion

Guidelines for range of motion when supervised in PT
0-1 week: emphasis on getting full extension (avoid overpressure)
1-6 weeks: gradually progress to full flexion while avoiding posterior sag

Strength

Quad sets and straight leg raises, mini-squats after 4 weeks
Single leg balance
Hip abduction strength
Core strength
Upper body ergometer

Criteria for Ambulation without Crutches or Brace

Range of motion within 3 degrees of full extension and flexion of at least 90 degrees
Straight leg raise X 30 without a lag
Single leg balance for 20 seconds
Demonstration of normal gait in PT



Phase 2: 6-12 Weeks

Goals

Discontinue Brace, normalize gait, advance strengthening, prepare for jogging
*May introduce blood flow restriction (BFR) training

Range of Motion

Advance brace flexion as tolerated
Progress to full by 10 weeks post op

Strength

May use bike for range of motion and early conditioning
Short arc leg press and low step ups
Romanian dead lifts
Body weight and wall squats, progress to single leg squats and lunges
Hip abduction strength include lateral band walks
Core to include bridging

Conditioning

Advance intensity of stationary bike, add elliptical or rowing machine when ready
*Balance and proprioception - may introduce perturbation training

Criteria For Jogging

12 weeks post op, essentially full range of motion, one minute of single leg squats continuously



Phase 3: 3-6 Months

Goals

Transition to home or gym program
Introduce dynamic movement and advance strength and conditioning

Range of Motion

*Should have full range. If not alert physician

Strength

Weighted squats, dead lifts, power cleans
Introduce open chain quad strength, balance with open chain hamstring work (e.g. Russian hamstrings)
BFR
Core

Conditioning

Bike, elliptical, rower
Jogging
Swimming or aqua jogging

Plyometrics and Agility

Speed ladder, jump rope, box jumps, bounding (late Phase 3)
Balance and perturbation work



Phase 4: Return to Full Activity

Goals

Sport specific drills advancing to return to play

Strength and Conditioning

Progress strength training and fitness including “Olympic” lifts
May advance to full sprint

Plyometrics and Agility

Agility and cutting drills advancing to full speed
Advance box jumps, broad jumps, single leg hops
High level balance and perturbation work

Criteria for Return to Play

Quad and hamstring strength at 90%
90% of normal on all single leg hop tests
Full speed on agility testing (figure 8, shuttle run, etc)
MD approval