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Post-Operative PCL Reconstruction Protocol

0-2 Weeks:

ROM: 0-90° with emphasis on full extension
D/C crutches when gait is non-antalgic
Patella mobilization
SLR supine with brace locked at 0 degrees, Quad Sets
Ankle Pumps

2-6 Weeks:

Maintain full extension, extension on a bolster
Flexion- gradual progression past 90
Avoid prone hangs, use gravity or assistance avoid hamstring firing, no forced stretching
Progress brace to unlocked to D/C completely when control and strength regained
No hamstring strengthening or isolated exercises, No bike
Leg Press (80-0 degree arc)
Mini Squats / Weight Shifts
Proprioception training
Initiate Step Up program

6-12 Weeks:

Maintain Full extension to 120 flexion
D/C brace if not already achieved
No open chain hamstring strengthening or isolated hamstring exercises • No bike
Follow ROM guidelines – no forced hyperflexion
Progressive Squat program
Initiate Step Down program
Leg Press, Lunges

12-24 Weeks:

Begin forward running (treadmill) program when 8" step down satisfactory
Continue Strengthening & Flexibility program
Start light/Agility Plyometric program
No open chain hamstring strengthening or isolated hamstring exercises
Impact control exercises beginning 2 feet to 2 feet, progressing from 1 foot to other and then 1 foot to same foot



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Movement control exercise beginning with low velocity, single-plane activities
and progressing to higher velocity, multi-plane activities
Hip and core strengthening

24 Weeks:

Isolated hamstring strengthening

Advanced Plyometric Program, Return to Sports