



# SASKATOON ORTHOPEDIC & SPORTS MEDICINE CENTER

## Arthroscopic PCL Repair: Rehabilitation Guidelines

### Post-Operative Period (0–6 weeks)

- Goals:
- Protect anatomical repair
  - Prevent negative effects of immobilization
  - Decrease pain and inflammation
  - Restore ROM
  - Initiate muscle recruitment

- Knee immobilizer worn continuously first 2 weeks (this includes at night for first 2 weeks), removed only for dressing, showers, personal hygiene
- Wound must be kept dry for first 5-7 days
- Ice/Cryocuff
- Medication as directed by the surgeon
- ROM – flexion/extension exercises 0-60 degrees for first week, then 0-90 in wk 2... proceed to full ROM (4-5x/day)
- Patellar glide and tilt mobilizations
- SLR quad set initiated immediately post-op (hold 5-10 sec, alternate sides 5-10x) (4-5x/day), add SLR Ab & Ad at 3 wks
- Short arc quads initiated at 2 weeks, long arc quads (60-0 deg) at 3 weeks (both with no resistance)
- Weight bearing – crutches non-WB for three weeks, 25% WB after 3 weeks, 50% WB after 4 wks, 75% after 5 wks, full WB with no crutches after 6 wks
- stationary cycling after 4 wks as ROM dictates (likely need 0-110), low resist easy spin
- Resisted – add mini squat (0-45 deg), leg press (0-60 deg), calf raise after 3 wks

### Phase II (6- 12 weeks)

- Goals:
- Restore weight bearing and gait quality
  - Discontinue use of knee immobilizer
  - Promote dynamic stability and postural & proprioceptive awareness
  - Promote basic strength restoration
  - Restore ROM fully
  - Promote functional use in ADL's

- Weight bearing – full WB with no crutches or immobilizer after 6 wks (may use functional/custom knee brace if directed by surgeon)
- at 6 wks ROM nearing full restoration (0-120)
- Initiate basic dynamic stability & proprioceptive drills
- gait training – mini hurdle march & side-step
- front partial lunge
- initiate swimming (flutter kick)
- at 8 wks – lateral drills with sport cord resistance
  - standing active hamstring curl, no resist
  - treadmill walking
  - pool running, forward only
- at 9 wks – prone active hamstring curl, no resist
- at 10 wks – manual resist prone hamstring curl

### Phase III (12-24+ weeks)

- Goals:
- Progress to intermediate and advanced strength, proprioception and dynamic stability restoration
  - Achieve maximal strength and further enhance neuromuscular coordination and endurance
  - Include sport/work specific programming
  - return to full function and sport

- Isotonic hamstring curls, gradually progress load
  - Lower repetition, higher load leg press and squat
  - forward & lateral step-ups... progress to step down
  - begin walk/run program on treadmill
  - begin light agility shuffle, cariocas
  - at 20 wks - initiate jump/plyometric training (dictated by strength), advanced agility drills, basic sport drills
  - Return to sports guidelines - 6 to 9 months post-operative, no swelling, ROM 0-140, completion of jog/run/agility progression, quadricep strength 90%, and hamstring strength 80% of contralateral leg, 1 hop and 3 hop test 90% of contralateral leg
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