



Rehabilitation Protocol: **PCL / PLC Reconstruction**

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0-2 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension at all times x 2wks.	None.	Quad sets. SLR. Ankle pumps. Patellar mobilization. Modalities: ice, quad stim.
2-6 weeks	Weight bearing as tolerated (WBAT) with crutches.	Locked for WB and sleeping. Unlocked for exercises.	Active/Passive extension, passive prone flexion.	Gait training. Closed chain quad strengthening.
PHASE II 6-12 weeks	Discontinue crutches at 6wks.	Brace unlocked.	Progress to full AROM.	Stationary bicycle. Co-contractions. Short arc leg press. Wall squats.
PHASE II 12 weeks – 4 months	Full weight bearing (FWB).	None.	Full ROM.	Advanced quad strengthening. May start hamstring strengthening.
PHASE III 4-6 months	FWB.	None.	Full ROM.	Progressive return to running program. Light jog. Elliptical (EFX). Proprioceptive and balance training.
PHASE IV 6-12 months	FWB.	None.	Full ROM.	Cutting and agility training program. Plyometric strengthening. Consider return to sports if cleared.

LOCATIONS

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