



Dr Ganesh Balendra
HIP AND KNEE
SURGEON

Posterior Cruciate Ligament Reconstruction Rehab Protocol

Rehabilitation following PCLR is an essential part of a full recovery. This protocol is intended to provide the physiotherapist with rehabilitative guidelines and functional goals. The physiotherapist must exercise their best professional judgment to determine how to integrate this protocol into an appropriate treatment plan. There may be slight variations in this protocol if there are limitations imposed from additional associated injuries such as meniscal tears, articular cartilage trauma or other ligamentous injuries.

Physio plan:

Non weight bear for 6/52 in Brace; locked in extension when mobilising

Brace to be worn for 3/12 full time (only remove when showering)

Can do isometric quadriceps exercises straight away and aim to get full active extension

Prone passive flexion exercises 0 - 60 for 3/52 and then 0-90 till 6/52

(Prone passive knee flexion: <https://www.youtube.com/watch?v=koP-qPBHOZE>)

Patella glide/mobilisation exercises +++

at 6 weeks post op, can start Partial weight bear (50%) with brace unlocked for 2/52; and then from 8 weeks post op can Weight bear as tolerated.

No open chain hamstrings till 3 months post op (Flexion exercises to be done with patient prone for the first 3 months)

Post op Review:

Physio review at 1 week for PCL rebound brace to be fitted

Wound review at 2 weeks post op

Review with Dr Balendra at 6 weeks post op

PCL Stress Xrays to be done at 6 months post op

No jogging/agility exercises till 6 months post op; no sport till 12months post op