

Oxford Knee Group

Rehabilitation protocol after PCL reconstruction

Mr W Jackson & Prof A Price

		weeks			months		
		0-2	2-6	6-12	3-6	6-9	9-12
Brace		✓	✓	x	x	x	x
Weight bearing		Full	Full	Full	Full	Full	Full
ROM	extension	0	hyper ext	hyper ext	hyper ext	hyper ext	hyper ext
	flexion	60	90	135	135	135	135
Management of swelling		RICE	RICE	RICE	as req	as req	as req
Stretches	ham, quads, ITB	✓	✓	✓	✓	✓	✓
	Patella mob	✓	✓	✓	as req	as req	as req
Strengthening	Iso quads, SLR	✓	✓	✓	✓	✓	✓
	Active ROM (slides)	0-60	0-90	✓	✓	✓	✓
	Closed chain	✓	✓	✓	✓	✓	✓
	Hamstring curls	x	x	x	x	✓	✓
	Open Chain (knee ext)	0-60	0-90	90-0	90-0	✓	✓
	Hip exercises	✓	✓	✓	✓	✓	✓
Cardio	Exercise Bike				✓	✓	✓
	Step Machine					✓	✓
	Swimming			✓	✓	✓	✓
	Running (straight)						✓
Proprioception	Balance board, Mini tramp			✓	✓	✓	✓
	Simple side steps				✓	✓	✓
	Plyometrics						✓
	Sport specific						✓*
Work	Sedentary		✓	✓	✓	✓	✓
	Manual (Heavy)					✓	✓
	Driving			✓*	✓	✓	✓
Sports							> 12 months ✓*

✓* depending on individual patient factors/ type of work,sport/ progress with rehab