

PCL Double Bundle Reconstruction (NWB)

Name: _____

Dr: Matthew Rasmussen

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

PRONE
0-90° x 2 weeks
then progress

No
hyperextension
x 8 weeks
(achieve full
extension to 0°)

BRACE SETTINGS

Immobilizer until
swelling down
for PCL
dynamic brace

Weight Bearing status

NWB x 6 weeks

TIME LINES

Week 1 (1-7POD)
Week 2 (8-14POD)
Week 3 (15-21POD)
Week 4 (22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24						
PRONE PASSIVE knee flexion	Prone ≤90°		>90°, may transition to seated (brace on) Continue with PROM x 6 weeks																	
Seated PROM foot slides (PCL brace on or manual anterior drawer force)	NO		Gradual progress to 120° by 6 wks, full ROM by 10 wks																	
Knee extension progression	NO knee hyperextension (HE)							Gradual HE to symmetry												
Patella/Tendon mobilization	●	●	●	●	●	●	●	●												
Calf stretch with belt- NO hyperext	●	●	●	●	●	●	●	●												
SLR – hip strength (ABD, ADD, Ext)	Standing (band above knees) or side lying (brace on) PRE																			
Quad strengthening (NMES)	0° ISO			60° ISO			70°-0° arc (Brace on)			Full arc (Brace on)										
Additional Quad training	SLR - tall sit (brace on)			SLR-supine Standing TKE					WB progressions											
Hamstring	NO Hamstring							ISOs <40° Hip-based				Knee-based Resisted arc								
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24						
Stationary Bike	NWB							ROM only		Gradually progress										
Treadmill – walking (no limp)												●	●	●	●	●				
Swimming – flutter kick													●	●	●	●	●			
Elliptical trainer, Stair stepper															●	●	●	●		
*NOTE FOR CARDIO	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)																			
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24						
Crutch weaning – return to FWB	NWB							●	●	●										
Marching into brief SLS										●	●	●	●	●	●	●				
SLS balance progressions												●	●	●	●	●	●			
Squat/Leg Press (ISO→reps, 2→1 leg)													0-45°	0-70°	>70°	gradual				
Step-up/Lunge Progressions														ISOs	0-70°	>70°				
Dead lift (2→1 leg)															●	●	●	●	●	●
Band resisted directional stepping																		●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24						
Agility: ●single plane, ◆ multi-plane	NWB												●	◆						
Return to run criteria	≥16 wks post-op, YBT-Anterior ≤8 cm SSD, walk ≥1 mile no limp/no pain, Quad strength ≥70% LSI, ≥60% peak torque/BW																			
Sport performance (TRAC) test	Baseline test: 4 months, F/u test: 7 & 10 months																			
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24						
Golf progression	NWB													●	●					
Outdoor biking, hiking, snowshoeing																●				
Return to sport progressions																	●			

****NMES & BFR encouraged (per any contraindications)****

PRECAUTIONS	NO resisted OKC quad strength through 100-60° arc x 10 weeks, NO resisted hamstring curling, tibial ER, cross-legged sitting, posterior tibial sag, squatting >70° x 4 months
ABBREVIATIONS	(ISO) Isometric, (KF) knee flexion, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (SAQ) short arc quad, (SLR) straight leg raise, (SLS) single leg stance, (TKE) terminal knee extension