

Blake M. Bodendorfer, MD
1 Edmundson Place Suite 500
Council Bluffs, IA 51503
712-323-5333
16221 Evans Plaza
Omaha, NE 68116
402-991-9958
bbodendorfer@millerortho.com
omahasportsdoc.com



Post-Operative Rehabilitation Guidelines for Posterior Cruciate Ligament Reconstruction

- 0-3 Weeks:** Weight Bearing TTWB, Brace locked at 0 degrees
 ROM (Prone only): Passive flexion 0-70 degrees,
 Active Assisted extension 70 to 0 degrees
 Patella mobilization
 Towel extensions, prone hangs
 SLR supine with brace locked at 0 degrees
 Quadriceps isometrics @ 60 degrees
- 3-6 Weeks:** Progressive Weight Bearing TTWB to PWB (75%) with crutches
 Brace locked @ 0 degrees
 ROM (Prone only): Active Assisted extension 90-0 degrees
 Passive flexion 0-90 degrees
 Short crank (90mm) ergometry
 Leg Press (60-0 degree arc)
 SLR's (all planes): Progressive Resistance
 Multiple-angle Quadriceps Isometrics: 60 to 20 degrees
- 6-12 Weeks:** D/C crutches when gait is non-antalgic (6-8weeks)
 Brace changed to OTS
 Initiate Forward Step Up program (6-8weeks)
 Leg Press, Mini-Squats (60-0 degree arc)
 Standard ergometry (if knee ROM > 115 degrees)
 AAROM exercises
 Stairmaster (6-8 weeks)
 Proprioception Training (Prop Board, BAPS)
 Aquacisor (gait training)
 Retrograde treadmill ambulation
 Initiate Step Down Program (8-10 weeks)
- 12-20 weeks:** Leg Press: Squats (80 to 0 degree arc)

AAROM exercises
Proprioception Training (Prop Board, BAPS)
Lunges
Advanced Proprioception training (perturbations)
Agility exercises (sport cord)
Versaclimber
Retrograde treadmill running
Quadriceps stretching

- 20-26 weeks: Start forward running (if descend 8" step satisfactorily)
Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
Initiate plyometric program (if sufficient strength base)
Functional Hop Test (>85% contralateral)
- > 26 weeks: Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
Advance plyometric program
Advance agility and sport specific program