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## 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