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Posterior Cruciate Ligament Knee Reconstruction

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
Phase I 0 -2 weeks	Touch down with crutches	locked in full extension at all times	Passive 0-30°	Modalities as needed (ice, QUAD stim). QUAD sets, SLR; patellar mobs; ankle pumps
2-6 weeks	WBAT with crutches and brace	locked in full extension at all times other than PT until week 4; then set at 0-90	0-90° by week 4; 0-110° by week 6; passive prone flexion	Cont. above, scar mobilization, wall slides; knee extension (70-0°); mini-squats (0-30°); leg press (0-60°); gait training
Phase II 6 - 12 weeks	D/C crutches	Brace unlocked	Full AROM	Stationary bike; Closed chain QUAD exercises; short arc leg press; wall squats; reverse lunges; knee extension (0-90°)
Phase III 12 weeks- 4 months	Full	None	Full AROM/PROM	Advance QUAD strengthening; may start HAM strengthening; initiate treadmill program, with progression to running
Phase IV 4-6 months	Full	if return to sport, fitting for custom brace by 4-5 months	Full ROM	Cutting/agility; plyometrics; sports specific training