



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Posterior Cruciate Ligament (PCL) and Posterolateral Corner (PLC) Reconstruction**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**PHASE I**

**Weeks 0-3:**

- o **Brace ROM:** locked in full extension, No ROM
- o **Weightbearing:** non-weight bearing
- o **Exercises:**
  - Quad sets
  - Ankle pumps
  - Hip ab/adduction
  - Hamstring, calf stretch
  - Calf press with theraband
  - Patellar mobilization

**Weeks 3-6:**

- o **Brace ROM:** locked in full extension for ambulation; removed for exercise (0-70°)
- o **Weightbearing:** non-weight bearing
- o **Exercises:**
  - Add chair slides
  - Passive ROM in prone position
  - Maintain anterior pressure on proximal tibia; avoid posterior sagging

**PHASE II**

**Weeks 6-12:**

- o **Brace ROM:** unlocked for all activities; maintain progressive flexion
- o **Weightbearing:** progress 25% per week until full weight bearing at 10 weeks
- o **Weeks 6-8:**
  - Gait training
  - Wall slides

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

- Mini-squats
- Resisted hip exercises in standing – resistance proximal to knee

o Weeks 8-12:

- Stationary bike – low resistance, high seat
- Closed chain terminal knee extensions
- Stairmaster
- Balance and proprioception activities
- Leg press (0-90°)

**PHASE III**

• **12 Weeks– 4 Months:**

- **Brace ROM:** Varus unloader brace; gain pain-free full ROM
- **Weightbearing:** full; no crutches with normalized gait pattern
- **Exercises:**
  - Advance closed chain strengthening
  - Progress balance and proprioception activities
  - Maintain flexibility

**PHASE IV**

• **Months 4-7:**

- o **Brace ROM:** full; no brace
- o **Weightbearing:** full
- o **Exercises:**
  - Treadmill walking
  - Advance to jog
  - Initiate hamstring curls for strengthening

**PHASE V**

• **Months 7 – Beyond:**

- o **Brace ROM:** pain-free full ROM; return to sport with PCL brace until 1 year post-op
- o **Weightbearing:** full
- o **Exercises:**
  - Maintain strength, endurance and function – initiate plyometric program
  - Initiate sport-specific functional progression
  - Progress to running
  - Return to sports as tolerated**

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_