

121 Everett Road  
Albany, NY 12205  
518-453-9088

**KYLE R FLIK, MD**

[kyleflik@yahoo.com](mailto:kyleflik@yahoo.com)

**Post-Operative Rehabilitation Guidelines for  
Posterior Cruciate Ligament Reconstruction**

- 0-3 Weeks: Weight Bearing TTWB, Brace locked at 0 degrees  
ROM: 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: 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