



**Double Bundle PCL Reconstruction**

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

**ROM RESTRICTIONS**

PRONE  
0-90 x 2 weeks,  
then progress as tolerated

**BRACE SETTINGS**

Immobilizer x  
1 wk.,  
PCL Brace x 6  
mos.

**Weight Bearing status**

NWB x 6 weeks

**TIME LINES**

Week 1(1-7POD)  
Week 2(8-14POD)  
Week 3(15-21POD)

● = Do exercise for that week

**Week**

| <b>Initial Exercises</b>                               | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>12</b> | <b>16</b> | <b>20</b> | <b>24</b> |
|--|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|
| Flexion/Extension - prone with brace                   | ●        | ●        | ●        | ●        | ●        | ●        | ●        | ●        |          |           |           |           |           |           |
| Flexion/Ext - seated/calf assisted                     | ●        | ●        | ●        | ●        | ●        | ●        | ●        | ●        |          |           |           |           |           |           |
| Patella/Tendon mobilization                            | ●        | ●        | ●        | ●        | ●        | ●        | ●        | ●        |          |           |           |           |           |           |
| Extension mobilization (no hyperext)                   | ●        | ●        | ●        | ●        | ●        | ●        | ●        | ●        |          |           |           |           |           |           |
| Quad series  | ●        | ●        | ●        | ●        | ●        | ●        | ●        | ●        |          |           |           |           |           |           |
| Hamstring sets (no isolated for hamstrings for 4 mos.) |          |          |          |          |          |          |          |          |          |           |           | ●         | ●         | ●         |
| Sit and reach for hamstrings (no hypertext)            |          |          |          |          | ●        | ●        | ●        | ●        |          |           |           |           |           |           |
| Ankle pumps  | ●        | ●        | ●        | ●        | ●        | ●        | ●        | ●        | ●        |           |           |           |           |           |
| Crutch weaning   |          |          |          |          |          |          | ●        | ●        | ●        |           |           |           |           |           |
| Toe and heel raises                                    |          |          |          |          |          |          |          | ●        |          |           |           |           |           |           |
| Balance series   |          |          |          |          |          |          |          | ●        | ●        | ●         | ●         | ●         | ●         | ●         |
| <b>Cardiovascular Exercises</b>                        | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>12</b> | <b>16</b> | <b>20</b> | <b>24</b> |
| Bike with both legs - no resistance                    |          |          |          |          |          |          | ●        | ●        | ●        |           |           |           |           |           |
| Bike with both legs - resistance                       |          |          |          |          |          |          |          | ●        | ●        | ●         | ●         | ●         | ●         | ●         |
| Aquajogging  |          |          |          |          |          |          | ●        | ●        | ●        | ●         | ●         | ●         | ●         | ●         |
| Treadmill - walking 7% incline                         |          |          |          |          |          |          |          |          | ●        | ●         | ●         | ●         | ●         | ●         |
| Swimming with fins - light flutter kick                |          |          |          |          |          |          |          |          | ●        | ●         | ●         | ●         | ●         | ●         |
| Elliptical trainer                                     |          |          |          |          |          |          |          |          |          |           | ●         | ●         | ●         | ●         |
| Rowing   |          |          |          |          |          |          |          |          |          |           |           | ●         | ●         | ●         |
| Stair stepper  |          |          |          |          |          |          |          |          |          |           |           | ●         | ●         | ●         |
| <b>Weight Bearing Strength</b>                         | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>12</b> | <b>16</b> | <b>20</b> | <b>24</b> |
| Double knee bends                                      |          |          |          |          |          |          |          | ●        | ●        | ●         | ●         | ●         | ●         |           |
| Double leg bridges                                     |          |          |          |          |          |          |          | ●        | ●        | ●         |           |           |           |           |
| Reverse lunge - static holds                           |          |          |          |          |          |          |          | ●        | ●        | ●         |           |           |           |           |
| Beginning cord exercises                               |          |          |          |          |          |          |          | ●        | ●        | ●         | ●         |           |           |           |
| Balance squats   |          |          |          |          |          |          |          |          |          |           | ●         | ●         | ●         | ●         |
| Single leg deadlift                                    |          |          |          |          |          |          |          |          |          |           | ●         | ●         | ●         | ●         |
| Leg press (max. knee flexion 70°)                      |          |          |          |          |          |          | ●        | ●        | ●        | ●         | ●         | ●         | ●         | ●         |
| Sports Test exercises                                  |          |          |          |          |          |          |          |          |          |           |           | ●         | ●         | ●         |
| <b>Agility Exercises</b>                               | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>12</b> | <b>16</b> | <b>20</b> | <b>24</b> |
| Running progression                                    |          |          |          |          |          |          |          |          |          |           |           |           |           | ●         |
| Initial - single plane                                 |          |          |          |          |          |          |          |          |          |           |           |           | ●         | ●         |
| Advance - multi directional                            |          |          |          |          |          |          |          |          |          |           |           |           |           | ●         |
| Functional sports test                                 |          |          |          |          |          |          |          |          |          |           |           |           |           | ●         |
| <b>High Level Activities</b>                           | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>12</b> | <b>16</b> | <b>20</b> | <b>24</b> |
| Golf progression                                       |          |          |          |          |          |          |          |          |          |           |           | ●         | ●         | ●         |
| Outdoor biking, hiking, snowshoeing                    |          |          |          |          |          |          |          |          |          |           |           | ●         | ●         | ●         |
| Skiing, basketball, tennis, football, soccer           |          |          |          |          |          |          |          |          |          |           |           |           |           | ●         |

\*Avoid posterior tibial sag, avoid tibial external rotation x 4 months

\*Hold open chain hamstring exercise x 4 months.

