

### PCL + MCL Reconstruction - Rehabilitation protocol

Postop	weeks			months		
	1-2	3-6	6-12	3-6	6-9	9+
<b>Weight-bearing</b> (normal gait pattern)	TWB	WBAT	FWB	FWB	FWB	FWB
<b>Brace</b>	0-90	0-90	wean	brace off		
<b>ROM goal</b>	0-90	0-90	0-135	full	full	full
<b>Oedema management</b> (RICE)	✓	✓	✓	p.r.n.	p.r.n.	p.r.n.
<b>ROM exercises</b>						
Active knee ROM (foot slides/no resistance)	0-90	0-90	0-135	✓	p.r.n.	p.r.n.
Passive knee ROM	0-90	0-90	0-135	✓	p.r.n.	p.r.n.
<b>Stretching</b>						
Heel hangs	✓	✓	✓	p.r.n.	p.r.n.	p.r.n.
Hamstrings, calf, ITB, quads	✓	✓	✓	✓	✓	✓
Patellar Mobilisations	✓	✓	✓	p.r.n.	p.r.n.	p.r.n.
<b>Strengthening</b>						
SLR / Isometric quads & hams co-contractions	✓	✓	✓	p.r.n.	p.r.n.	p.r.n.
Closed chain (gait ed, mini-squats, leg press)	-	✓	✓	✓	p.r.n.	p.r.n.
Hamstring curls	-	✓	✓	✓	p.r.n.	p.r.n.
Open chain knee extension	-	90-30	90-0	✓	✓	p.r.n.
Hip extension, abduction, adduction	✓	✓	✓	p.r.n.	p.r.n.	p.r.n.
<b>Cardiovascular</b>						
Stationary bicycle (no toe straps until 3mths)	-	✓	✓	✓	✓	✓
Step machine/swimming with straight kicks	-	-	✓	✓	✓	✓
Jogging - straight	-	-	-	✓	✓	✓
<b>Proprioception</b>						
(eg, balance board, mini tramp)	-	✓	✓	✓	p.r.n.	p.r.n.
<b>Dynamic stability</b>						
(eg on/off different surfaces, in all directions)	-	-	-	✓	✓	✓
<b>Sport specific/agility drills</b>						
(eg. Shuttle runs, cariocas, figure 8s)	-	-	-	✓	✓	✓
<b>Plyometrics</b>						
(eg bounding, hopping, jumping)	-	-	-	✓	✓	✓
<b>Activities</b>						
Work – sedentary	-	✓	✓	✓	✓	✓
Work - heavy	-	-	-	✓	✓	✓
Driving	-	-	✓	✓	✓	✓
Sport (contact and cutting activities)	-	-	-	train	play	✓