



EVANGELISTA ORTHOPEDIC CLINIC

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PCL/Posterolateral Corner Reconstruction Rehabilitation Guidelines

0-6 Weeks

- Non Weight Bearing (NWB)
- Single Leg Raise (SLR), Quad sets
- E-stimulation as needed (PRN) for quads
- Knee extension brace at 0 degrees for 6 weeks
- No Range of Motion (ROM) for 3 weeks
- At 3 weeks may begin Passive Range of Motion (PROM) 0-90° (avoid posterior directed force)

6-12 Weeks

- Passive Weight Bearing (PWB) up to 50%
- Full ROM, including Active Range of Motion (AROM) (quads)
- Stationary bike-no clips, cages, flat pedal only

12 Weeks - 6 Months

- Full Weight bearing (FWB)
- Stationary bike flat pedal only
- Elliptical
- Rower
- Squats
- Outside cycle about week 15 flat pedal only
- Stair Climber
- Leg Press
- Swimming OK

6 Months

- Return to normal activity, can start hamstring strengthening

*** This is a quad active program, exercises in sit or supine, closed kinetic chain preferred

No Hamstring strengthening or prone exercises until 6 months post-op

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at **480-656-0291**