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# EVANGELISTA ORTHOPEDIC CLINIC

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**Gregory T. Evangelista, M.D.**

**Perry J. Evangelista, M.D.**

3271 N. Civic Center Plaza, Suite 110

Scottsdale, AZ 85251

Phone: (480) 656-0291 Fax: (480) 656-0127

## **PCL POSTEROLATERAL CORNER RECONSTRUCTION REHABILITATION GUIDELINES**

### **0 – 6 Weeks**

- Non-Weight Bearing (NWB)
- Single Leg Raise (SLR), Quadsets
- 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