



**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY ORDER – Posterior Cruciate Ligament Reconstruction**

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: Heel touch only with brace locked in extension and crutches
- ROM: 0-90 degrees
- Brace: locked in extension while sleeping
- Exercises: quad sets, heel slides, patellar mobs, gastroc/soleus stretch, calf pumps; avoid hamstring exercises until after 6 weeks
- Keep pillow under heel to maintain full extension while sleeping / resting

Phase II: 2-6 weeks

- WB status: Heel touch only with brace locked in extension and crutches
- ROM: 0-90 deg
- Brace: unlocked except when weight bearing as above
- Exercises: Phase I + toe raises, balance exercises hip/glutes/core
- Keep pillow under heel to maintain full extension while sleeping / resting

Phase III: 6-12 weeks

- WB status: Full without brace
- ROM: full
- Brace: wean off
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks

Phase IV: 3-9 months

- WB status: full without brace
- ROM: full
- Brace: none
- Exercise: Phase III + advance closed chain exercises, progressive proprioception exercises, stairmaster, elliptical, begin running straight ahead
  - o 4 mo: begin jumping
  - o 6 mo: advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport specific drills
  - o 9 mo: advance as tolerated; **strength evaluation and single hop testing**

Phase V: 9-12 mo

- Gradual return to sports