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## **PCL REHAB PROTOCOL**

<b><u>GENERAL</u></b>	Toe touch weight bearing x 6 weeks Brace at 0 degrees for 1 week
<b><u>WEEK 1</u></b>	CPM 0-30 and advance to 0-90 as tolerated Prone hangs Prone range of motion Patellar mobilizations Ankle pumps Quad Sets with straight leg raises
<b><u>WEEK 2</u></b>	Same as week 1 Achilles and calf stretch
<b><u>WEEK 5</u></b>	Same as week 2 Hamstring stretching (sit and reach with towel)
<b><u>WEEK 6</u></b>	Hamstring Sets Begin biking Treadmill 7% walk Double knee bends Swimming with fins
<b><u>WEEK 10</u></b>	Single knee bends Rowing Forward and backward jogging Outdoor biking Leg press to 90 degrees
<b><u>MONTH 3</u></b>	Agility Exercises Stairmaster Leg curls with no hyperextension
<b><u>6 to 8 MONTHS</u></b>	Return to Sports