

Arthroscopic Posterior Cruciate Ligament Reconstruction
Dr. Souster

The patient will be Toe-Touch weight bearing for the first 6 weeks. They will be in a knee extension brace locked in full extension for 12 weeks. If a meniscal repair or a multiligament reconstruction is performed, the bracing time does not change. The brace may be removed for showering only during the first 4 weeks. Range of motion begins 4 weeks post-operatively. Progressive increase in activity will be guided by the physical therapist. Plan to get full range of motion back by week 12. Knee flexion is obtained passively in the prone position. No active hamstring firing for 12 weeks. Jogging usually starts at about 4-5 months post-operatively and full release to sports generally occurs at 6 - 9 months after surgery and must pass strength test and functional testing. The patient will perform strength testing (Primus) at about 6 months and must pass (90% strength of quadriceps compared to contralateral side) prior to returning to sports. The patient is seen at the 2 week, 6 week, 12 week, and 24 week times and at their year anniversary. X-rays should be taken at the 6 week point and yearly anniversary.