

Non-Operative PCL Tear

REHABILITATION PROGRAM

I. **Protection Phase** - (Day 1 to Week 2)

Day 1 to 7

Brace - 0-60 degrees

Weight bearing - Two crutches

Muscle Stimulation - Muscle stimulation to quads

Exercises

- * Quad sets
- * Straight leg raises
- * Hip Abduction
- * Hip Adduction
- * Knee extension (60-0 degrees)
- * Multi-angle isometrics
at 60,40,20 degrees (for quads)
- * Mini squats/leg press (0-45 degrees)

Week 2-3

Brace - 0-60 degrees

Weight bearing - Without crutches

Exercises

- * Progress exercises (listed above), using
weight progression
- * Bicycle for ROM stimulus (week 3)
- * Pool program
- * Leg press (0-60 degrees)

II. Moderate Protection Phase - (week 3-6)

Week 3

Range of motion - to tolerance

Brace - discontinue

Exercises

- * Continue all above exercises (progress weight)
- * Bicycle
- * StairMaster
- * Rowing
- * Knee extension (60-0 degrees)
- * Mini squats (0-60 degrees)
- * Leg press (0-60 degrees)
- * Step-ups
- * Hamstring curls (light resistance)
- * Hip abd/adduction
- * toe-Calf raises

Week 5-6

Brace - Fit for functional brace

Exercises

- * continue all exercises listed above
- * Pool running

III. Minimal Protection Phase - (Week 8-12)

Exercises

- * Continue all strengthening exercises
- * Initiate Running Program
- * Gradual return to sport activities

Criteria to Return to Sport Activities

- * Isokinetic quad torque to body weight ratio
- * Isokinetic test 85% > of contralateral side
- * No change in laxity
- * No pain/tenderness or swelling

* Satisfactory clinical exam