

Palmetto Health USC

ORTHOPEDIC CENTER

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NON-OPERATIVE PCL REHABILITATION PROGRAM

I. Protection Phase (Day 1 – Week 2)

Day 1 - 7

- Brace: 0 – 60 degrees
- Weight Bearing: Two crutches as tolerated
- Muscle Stimulation: Muscle stimulation to quads
- Exercises
 - Quad sets
 - Straight leg raises (all 4 planes)
 - Knee extension (60 – 0 degrees)
 - Multi-angle isometrics at 60, 40, 20 degrees (for quads)
 - Mini-squats (0 – 45 degrees)
 - 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 – Week 6)

Week 3

- ROM: to tolerance
- Brace: discontinue

- Exercises
 - Continue all above exercises
 - Bicycle
 - Stairmaster
 - Rowing
 - Knee extension (60 – 0 degrees)
 - Mini-squats (0 – 45 degrees)
 - Leg press (0 – 45 degrees)
 - Step-ups
 - Hamstring curls (light resistance)
 - Hip abd/adduction
 - Toe-calf raises

Week 5 - 6

- Brace: fit for functional use
- Exercises
 - Continue all exercises listed above
 - Pool running

III. Minimal Protection Phase (Week 8 – Week 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 ration
- Isokinetic test 85% > of contralateral side
- No change in laxity
- No pain/tenderness or swelling
- Satisfactory clinical exam