

## Non-operative Rehabilitation Protocol

### Posterior Cruciate Ligament (PCL) Tear

<b>General Guidelines</b>	<ul style="list-style-type: none"> <li>- Physical therapy should begin immediately following injury</li> <li>- You will be partial weight bearing with crutches for minimum 2 weeks</li> <li>- You will be PCL jack or Rebound brace for minimum 12 weeks depending on grade of tear</li> <li>- Functional activity progression should be performed only as pain and proper biomechanics allow with emphasis on proper shock absorption and control of dynamic valgus at knee</li> <li>- Contact therapist or physician with any questions/concerns</li> </ul>		
	Range of Motion	Brace	Exercises
<b>Phase 1 – Early protection</b> <i>Weeks 0 - 6</i>	Prone passive ROM 0 – 90° for first 2 weeks then may progress to full ROM in PCL Brace  0-2 Wk: Partial weight bearing with crutches  2-4 Wk: WBAT with crutches  Wk 4: Wean crutches	Locked in extension to be worn at all times, including sleep (2 weeks) Transition to PCL Rebound brace at 2 weeks	Rest, Ice, Compress, Elevate (RICE) Avoid hyperextension and posterior tibial translation (12 weeks) Isolated hamstring exercises should be avoided until week 12 or cleared by physician  Quad sets, SLR once able to lock joint in terminal extension with no lag, Hip abduction/adduction, no resistance stationary bike, pool walking to assist crutch weaning
<b>Phase 2 – Strength</b> <i>Weeks 6-12</i>	Goal to achieve full, pain-free ROM. *Maintain extension*	Continue PCL Rebound brace full time	Gait mechanics, leg press limited 0-70° flexion, Squat progression (Squat → Squat with calf raise → Squat with weight shift), progressive resistance stationary bike, incline treadmill walking, proprioceptive and balance
<b>Phase 3 – Return to Sport</b> <i>Weeks 12+</i>	Full, pain-free ROM	None	Progress closed chain strength beyond 70°, initiate running program when quad strength is >80% of contralateral side, Single leg plyometrics, sport-specific testing  Return to Sport → Full, pain free ROM, No effusion, >90% RTS testing

Adapted from: *Pierce, C. M., O'Brien, L., Griffin, L. W., & Laprade, R. F. (2013). Posterior cruciate ligament tears: functional and postoperative rehabilitation. Knee Surgery, Sports Traumatology, Arthroscopy, 21(5), 1071–1084. <http://doi.org/10.1007/s00167-012-1970-1>*