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Non-Operative PCL Tear Rehab Protocol

	Weight	Brace	Range of	Exercises
Dhaaal	Bearing	DCI harasa ta ha assassa at all	Motion	Duana na saina DOM nua di satinatia n
Phase I	Partial WB	PCL brace to be worn at all	0-90°	Prone passive ROM quad activation
0-6 weeks	for 2 weeks	times including		Quad sate natallar and thiofibular make
Goals	Then	rehabilitation and sleep		Quad sets, patellar and tibiofibular mobs,
- Protect PCL	progress to	(minimum 12 weeks)		gastroc/soleus stretch, leg hangs
- Edema	full WBAT			
reduction				SLR w/ brace in full extension until quad
- Address gait				strength prevents extension lag
mechanics				Dania sida kina kin /saus
- Prevent				Begin side-lying hip/core
posterior tibial				
translation				Stationary bike with no resistance when
AVOID				ROM allows
hyperextension				
(12 weeks)				Hamstrings avoidance until 6 wks
Phase II	WBAT	PCL brace to be worn at all	Full	Begin toe raises, closed chain exercises,
6-12 weeks		times including		eccentric quads, balance exercises, step-ups,
<u>Goals</u>		rehabilitation and sleep		front and side planks; advance hip/core
- Full ROM		(minimum 12 weeks)		
- WBAT				Start stationary bike as tolerated
- Cont. prevent				
posterior tibial				Begin hamstring curls, glute sets, eccentric
translation				hamstrings after 6 weeks
AVOID				Progressive resistance stationary bike
hyperextension (12 weeks)				Light kicking in pool
				Incline treadmill walking (7–12% incline)
				Proprioceptive and balance exercises
Phase III	Full	Discontinue use of PCL	Full	Advance Phase II exercises and closed chain;
12-18 weeks		brace		maximize core/glutes/hips, pelvic stability
<u>Goals</u>				work, eccentric hamstrings, balance
- Muscular				
strengthening				Can start isolated hamstring exercises after
- WBAT				12 weeks
- Cont. prevent				
posterior tibial				Prepare for sport specific activities
translation				- para iai apara paomo delividos
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