

## Non-Operative PCL Tear Rehab Protocol

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