

Non Operative PCL Protocol

Milestones:

- Brace progression
 - Hinge knee brace 0-4 weeks
 - PCL functional brace 5 weeks-3 months
- Non weight bearing 3 weeks
- Progressive WB in extension 4-6 weeks
- Single leg squats 12 weeks
- Straight ahead jogging 16 weeks
- 2 leg jumping 16 weeks
- 1 leg jumping 5 months
- Agility/ MP movements 5 months
- Return to sport 7 months

PHASE I (wk 0-8) MOTION & QUAD CONTROL

Week 0 - 8

- Non weight bearing 3 weeks
- FROM as tolerated in PT. Brace 0-90 outside of PT. **Do Not do wall slides**, this causes posterior translation of the tibia.
- **Always support against posterior translation of the tibia.** Use a towel under the proximal tibia or manually hold.
- **No active hamstrings** are used for the first 8-10 weeks to avoid forced posterior translation of the tibia.
- Soft tissue work can be useful in relaxing the hamstrings and decreasing swelling.
- Extension/flexion – sitting
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch – no hyperextension – use towel support under the tibia
- Quad sets – **quad sets and SLR with towel under tibia**
- SLR w/ quad set – 4 positions

Week 6 – 8

- Same as above
- Mini squat (2-leg closed chain)
- Begin Aquatic Therapy

PHASE II (wk 8 – 12) 2-LEG CLOSED CHAIN

Week 8

- Progression of 2-legged closed chain activities
- Mini squat (2-leg closed chain)

Week 10-12

- Begin hamstring strengthening activities. Open chain hamstring strength is discouraged. Instead, initiate closed chain hamstring strength. Hamstring strengthening exercises is not an area of concentration.

PHASE III (wk 12 - 16) 1-LEG CLOSED CHAIN

Week 12 - 16

- Initiate single leg closed chain exercises
- Focus is on muscle endurance
- Single leg squat (1-leg closed chain)
- Step ups
- Lunge
- Sport cord squat
- EFX

PHASE IV (wk 16 - 20) MULTI-PLANAR MOVEMENT

Week 16

- Outdoor biking
- Straight ahead jogging
- Multi-planar lunge
- Tubing side steps
- Start with sagittal and frontal plane low impact agility and progress to transverse plane
- Stair stepper
- Weights
- 2-legged hops

PHASE V (wk 20 – 24) AGILITY PROGRAM

5 months

- 1-legged hops
- Multi-planar agility

6 months

- Golf

7 months

- Skiing, basketball, tennis, football, soccer