

NewportCare Medical Group

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Sports Medicine

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PCL INJURY - NON-OPERATIVE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I				
0 - 1 weeks	Progress to weight-bearing as tolerated with crutches	Locked in full extension when not in PT	Within limits of pain, in prone position	Isometric quad sets, ankle pumps, SLR, hip ab/adduction, hamstring/calf stretch, No open chain hamstrings
2 - 3 weeks	WBAT, can discontinue crutches	Brace unlocked for flexion 15 degree extension stop for ambulation	Increase ROM, in prone position	Add open chain knee extension
PHASE II				
3 - 4 weeks	WBAT	Fit for PCL brace, 15 degree extension stop	Full, begin active ROM	Add closed chain exercises stationary bike with light resistance (to begin) and seat higher than normal, closed chain terminal knee extensions, Stairmaster, balance and proprioception activities, leg press (limiting knee flexion to 90), open chain quad ranging from 0 - 60 degrees No open chain hamstrings
PHASE III				
5 - 6 weeks	Full, without use of crutches and with a normalized gait pattern	PCL brace for remainder of season, extension stop at zero	Gain full and pain-free	Advance closed chain strengthening, progress proprioception and balance activities, maintain flexibility May add hamstring strengthening