

Non-Operative PCL Tear Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
Phase I 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	PCL brace to be worn at all times including rehabilitation and sleep (minimum 12 weeks)	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 Hamstrings avoidance until 6 wks
Phase II 6-12 weeks <u>Goals</u> - Full ROM - WBAT - Cont. prevent posterior tibial translation AVOID hyperextension (12 weeks)	WBAT	PCL brace to be worn at all times including rehabilitation and sleep (minimum 12 weeks)	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
Phase III 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