



Mid-America Orthopedics

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PCL TEAR: CONSERVATIVE REHAB

First Visit- Day 6 (1-3 Visits/week)

- **Immobilization:** Brace with posterior bolster **AT ALL TIMES-** including in PT for **6-8 weeks.** Will need to be **80% strength** compared to uninvolved leg and will need stress view x-ray. **D/C of brace needs to be OK'd by MD.**
- **Brace ROM: 0-60**
- **WBAT: one to two crutches**
- **Exercise:**
 - Quad sets
 - SLR- all planes
 - Knee ext. (60 deg. to 0 deg.)
 - Multi-angle isometrics at 60 deg. flex, 40 deg. flex, 20 deg. flex, and full ext.
 - Mini squats (0-50 deg.)
 - **ROM:** passive heel slides, ball rolls with PT assist or belt/towel assist stressing avoidance of hamstring contraction
 - **No active knee flexion**

Day 7- Day 20 (1-3 Visits/week)

- **Immobilization:** Brace with posterior bolster **AT ALL TIMES-** including in PT for **6-8 weeks.** Will need to be **80% strength** compared to uninvolved leg and will need stress view x-ray. **D/C of brace needs to be OK'd by MD.**
- **Brace ROM: 0-115**
- **Should be without crutches at Week 3**
- **Exercises:**
 - Progress exercises listed above using weight
 - Bicycle for ROM (week 2-4)
 - Squats (0-60)
 - Lateral step ups
 - Mini single leg squats

Day 21- Day 41 (1-3 Visits/week)

- **Immobilization:** Brace with posterior bolster **AT ALL TIMES-** including in PT for **6-8 weeks.** Will need to be **80% strength** compared to uninvolved leg and will need stress view x-ray. **D/C of brace needs to be OK'd by MD.**
- **Brace ROM: 0-125 or tolerance**

- **Exercises:**
 - Continue all exercises listed above
 - Bicycle
 - Stairmaster
 - Knee extension (90-0 degrees)
 - Leg press (0-100 degrees)
 - Wall squats (0-75 degrees)
 - Step ups
 - Toe-calf raises
 - Proprioceptive training
 - Light agility drills
 - Hamstring curls (light resistance 0-45 degrees)

6-12 Weeks Post-op (1-3 Visits/week)

- **Immobilization: Brace with posterior bolster AT ALL TIMES- including in PT for 6-8 weeks. Will need to be 80% strength compared to uninvolved leg and will need stress view x-ray. D/C of brace needs to be OK'd by MD.**
- **Brace ROM: unlocked**
- **Exercises:**
 - Continue all strengthening exercises
 - Initiate running program
 - Progress agility drills
 - Increase resistance and ROM with hamstring curls at week 8- no pain
 - Gradual return to sport activities
- **Criteria for Return to Sports Activities**
 - MD clearance for brace removal (xrays good, >80% strength)
 - No change in laxity
 - No pain/tenderness or swelling
 - Satisfactory clinical exam
 - Good CKC mechanics- including with jump/landing bilaterally and unilaterally

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.

*Protocol derived from AdvancedCEU.com