



GOLDEN STATE ORTHOPEDICS & SPINE

PCL NON-OPERATIVE REHABILITATION PROTOCOL

Rehab Goals:

- Promote tissue healing
- Decrease pain
- Decrease effusion
- Increase strength, endurance and power
- Improve proprioception and enhance dynamic stability
- Reduce functional limitations and disability

Non-Operative PCL Treatment

- ROM:
- Knee flexion < 90 degrees 0-6 weeks post injury; if > 90 degree **MUST** be done with anterior drawer (until full ROM).
 - Posterior knee pain may mean patient is progressing too fast

- Guidelines:
- **Must be highly individualized!**
 - Quad strength related to return to sport and patient satisfaction
 - Protect PF joint
 - Avoid OKC knee flexion; utilize CKC exercises to enhance function of hams
 - Early considerations: QS, SLR, Biofeedback, ES for quads

Muscle function:	Open chain extension:	90-60 degrees
	Closed chain:	20-0 degrees
		Mini-squats, wall slides, step-ups, leg press/squat

Day: 0-10: Without meniscus injury:

- ROM: Progress as tolerated, no OKC hamstrings
- Gait/WB: WBAT with assistive device as needed and brace (brace may need extension stop)
- Exercise: Isometric quads when pain permits

Avoid OKC hamstrings

10-21 days

- ROM: Early ROM within limits of pain: AA/PROM < 90 degrees or if > 90 degrees **MUST** be done with anterior drawer
- Gait/WB: Progress to WBAT with knee brace locked (toward full extension as tolerated)
- Criteria to D/C crutches: Pain controlled, effusion controlled
- Criteria to DIC brace: Good quad control



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Exercise: Isometric quads when pain permits
*****Important to avoid posterior tibial subluxation***
Pillow under posterior aspect of lower leg when lying down
Avoid isolated OKC hamstring exercise

"PCL" brace

3-4 weeks

- ROM: • Progress as tolerated, no OKC hams, continue anterior drawer with flexion > 90 degrees
- Gait/WB: • Begin SLB activities as tolerated
- Exercise/Functional Training: • Focus on increasing strength/endurance of quads
- OKC knee extension allowed as long as PF joint without symptoms
 - Light resistance
 - Quad sets and terminal knee extension
 - No hamstring exercises with knee flexed, may do hip extension with knee extension

Week 4 and beyond

- ROM: Monitor
- Gait/WB: Progress SLB activities as tolerated
- Exercise/Functional Training: CKC exercises to improve functional strength: Mini-squats, wall slides, unilateral Step-ups, leg press
Isotonic quad PRE
Proprioceptive training follows strengthening: slide board

RETURN TO SPORTS WHEN:

- Pain free knee extension
- Full ROM
- Quad strength > 85% of uninjured leg per Biodex testing
- Continue PCL brace until full return to play with no effusion (remainder of season)
- Monitor posterior drawer test (soft to firm to hard over 8-10 weeks)
- Inform patient that they have abnormal laxity of the knee that will persist