



Non-Operative PCL Protocol

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Phase 1 Weeks 0-4 2-3x/ week HEP daily	Decrease pain and inflammation Early protected ROM Patient education Quad activation	PWB with crutches 0-2 weeks WBAT with crutches 2-4 weeks Wean off crutches after 4 weeks Brace locked into 0 deg extension with ambulation Avoid active knee flexion 0-90 degrees PROM (first 2 weeks)	Modalities PRN Patellar mobilizations Quad sets – Progress to SLR with no lag; NMES as needed PROM (beginning in prone position) Leg press (0-70 deg) Mini squats; 0-45 deg
Phase 2 Weeks 4-6 2-3x/ week HEP daily	Regain full PROM Early proprioception	Brace locked with sleep WBAT – brace 0-110 Avoid knee hyperextension and posterior tibial translation Avoid active knee flexion	Proprioception training Closed-chain knee strengthening Hip and ankle strengthening Gait training
Phase 3 Weeks 6-12 1-2x/week HEP daily	Full strength and AROM Progress proprioception	Brace locked with sleep WBAT – brace 0-110 deg Avoid knee hyperextension and posterior tibial translation AROM as tolerated Limited double limb strengthening to 70 deg	Continued previous phase exercises Stationary bike (when >115 deg) Proprioception – progress to single limb and uneven surface Bosu activities Mini Squats: 0-70 deg Step-ups
Phase 4 Weeks 12+ 1x/ week HEP daily	Return to previous activity level	Brace can be discontinued (may be discontinued earlier per MD instruction) No further precautions	Continue strength and proprioception training Agility training Gradual return to sport-specific exercise Isolated hamstring exercises