Therapist _____

NON-OPERATIVE PCL DEFICIENT KNEE REHABILITATION PROGRAM

I.   <u>**Protection Phase**</u> **- (Day 1 to Week 4)**

    <u>Day 1 to 5</u>

        <u>Brace ROM</u> - 0-60 degrees

        <u>Weight Bearing</u> - Two crutches as tolerated

        <u>Muscle Stimulation</u> - Muscle stimulation to quads

        <u>Exercises</u>

            * Quad sets
            * Straight leg raises (all 4 planes)
            * Knee extension (60 degrees to 0 degrees)
            * Multi-angle isometrics at 60, 40, 20 degrees (for quads)
            * Mini squats (0-50 degrees)
            * Leg Press (45-90 degrees)
            * *Avoid active knee flexion*

    <u>Day 5-7</u>

        <u>Brace ROM</u> – 0-90 degrees

        <u>Weight Bearing</u> – Progress as tolerated

        <u>Exercises</u>

            * Continue all strengthening exercises
            * Initiate wall squats (0-50 degrees)
            * Initiate proprioceptive training

    <u>**Week 2-3**</u>

        <u>Brace ROM</u> - 0-115 degrees

        <u>Weight Bearing</u> - Without crutches week 3

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Exercises

* Progress exercises (listed above), using weight progression
* Bicycle for ROM stimulus (week 2-4)
* Pool program
* Leg press (30-90 degrees)
* Vertical squats (0-60 degrees)
* Lateral step ups
* Single leg squats

II. Moderate Protection Phase - (Week 3-6)

Week 3

Range of Motion - to tolerance (0-125 degrees)

Brace - Discontinue

Exercises

* Continue all above exercises (progress weight)
* Bicycle
* Stairmaster
* Rowing
* Knee extension (90-0 degrees)
* Mini squats (0-60 degrees)
* Leg press (0-100 degrees)
* Wall squats (0-75 degrees)
* Step-ups
* Hamstring curls (light resistance – 0-45 degrees)
* Hip abd/adduction
* Toe-Calf Raises
* Proprioceptive training

Week 4-6

Brace - Fit for functional brace

Exercises

* Continue all exercises listed above
* Pool running
* Agility drills

III.   Minimal Protection Phase - (Week 7-12)

Exercises

* Continue all strengthening exercises
* Initiate Running Program
* Gradual return to sport activities

Criteria To Return To Sport Activities

* Isokinetic quad torque to body weight ratio
* Isokinetic test 85% > of contralateral side
* No change in laxity
* No pain/tenderness or swelling
* Satisfactory clinical exam