NON-OPERATIVE PCL DEFICIENT KNEE REHABILITATION PROGRAM

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

    <u>**Day 1 to 5**</u>

        Brace ROM - 0-60 degrees

        Weight Bearing - Two crutches as tolerated

        Muscle Stimulation - Muscle stimulation to quads

        Exercises:

- 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>

        Brace ROM – 0-90 degrees

        Weight Bearing – Progress as tolerated

        Exercises

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

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

        Brace ROM - 0-115 degrees

        Weight Bearing - Without crutches week 3

        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.   <u>**Moderate Protection Phase**</u> **- (Week 3-6)**

<u>Week 3</u>

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

<u>Week 4-6</u>

Brace - Fit for functional brace

Exercises:

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

III.   <u>**Minimal Protection Phase**</u> **- (Week 7-12)**

Exercises:

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

Criteria To Return To Sport Activities

1) Isokinetic quad torque to body weight ratio
2) Isokinetic test 85% > of contralateral side
3) No change in laxity
4) No pain/tenderness or swelling
5) Satisfactory clinical exam