

# Orthopaedic Sports Specialists, P.C.

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## Non-Operative PCL Tear

### REHABILITATION PROGRAM

#### I. Protection Phase - (Day 1 to Week 2)

##### Day 1 to 7

Brace - 0-60 degrees

Weight bearing - Two crutches

Muscle Stimulation - Muscle stimulation to quads

##### Exercises

- \* Quad sets
- \* Straight leg raises
- \* Hip Abduction
- \* Hip Adduction
- \* Knee extension (60-0 degrees )
- \* Multi-angle isometrics  
at 60,40,20 degrees (for quads)
- \* Mini squats/leg press (0-45 degrees )

##### Week 2-3

Brace - 0-60 degrees

Weight bearing - Without crutches

##### Exercises

- \* Progress exercises (listed above), using  
weight progression
- \* Bicycle for ROM stimulus (week 3)
- \* Pool program
- \* Leg press (0-60 degrees )

## **II. Moderate Protection Phase - (week 3-6)**

### **Week 3**

**Range of motion** - to tolerance

**Brace** - discontinue

#### **Exercises**

- \* Continue all above exercises (progress weight)
- \* Bicycle
- \* StairMaster
- \* Rowing
- \* Knee extension (60-0 degrees)
- \* Mini squats (0-60 degrees)
- \* Leg press (0-60 degrees)
- \* Step-ups
- \* Hamstring curls (light resistance)
- \* Hip abd/adduction
- \* toe-Calf raises

### **Week 5-6**

**Brace** - Fit for functional brace

#### **Exercises**

- \* continue all exercises listed above
- \* Pool running

## **III. Minimal Protection Phase - (Week 8-12)**

#### **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