

POSTERIOR CRUCIATE LIGAMENT NONOPERATIVE REHABILITATION PROTOCOL

(TO BE GIVEN TO PHYSICAL THERAPIST)

WEIGHT BEARING	BRACE	THERAPEUTIC EXERCISE
<p>DAY 1 - WEEK 4:</p>	<p>Day 1 to 5</p> <ul style="list-style-type: none"> • Weightbearing as tolerated with crutches <p>Day 5 to 7</p> <ul style="list-style-type: none"> • Progress as tolerated <p>Week 2 to 3</p> <ul style="list-style-type: none"> • Without crutches week 3 	<p>Day 1 to 5</p> <ul style="list-style-type: none"> • Muscle stimulation to quads • Quad sets • Straight leg raises (all 4 planes) • Knee extension (60-0°) • Multi-angle isometrics at 60, 40, 20° (for quads) • Mini squats (0-50°) • Leg press (45-90°) • Avoid active knee flexion <p>Day 5 to 7</p> <ul style="list-style-type: none"> • Continue all strengthening exercises • Initiate wall squats (0-50°) • Initiate proprioceptive training <p>Week 2 to 3</p> <ul style="list-style-type: none"> • Progress exercises, using weight progression • Bicycle for ROM stimulus (week 2-4) • Pool program • Leg press (30-90°) • Vertical squats (0-60°) • Lateral step ups • Single leg squats

WEEK 3-6:	<ul style="list-style-type: none"> • Weightbearing as tolerated 	<p>Week 3</p> <ul style="list-style-type: none"> • Discontinue • ROM 0-125° as tolerated <p>Week 4-6</p> <ul style="list-style-type: none"> • Fit for function brace 	<p>Week 3</p> <ul style="list-style-type: none"> • Continue all above exercises (progress weight) • Bicycle • Stairmaster • Rowing • Knee extension (90-0°) • Mini squats (0-60°) • Leg press (0-100°) • Wall squats (0-75°) • Step-ups • Hamstring curls (light resistance from 0-45°) • Hip abduction/adduction • Toe-calf raises • Proprioceptive training <p>Week 4-6</p> <ul style="list-style-type: none"> • Continue all above exercises • Pool running • Agility drills
WEEK 7-12:	<ul style="list-style-type: none"> • Weightbearing as tolerated 	<ul style="list-style-type: none"> • Functional brace 	<ul style="list-style-type: none"> • Continue all strengthening exercises • Initiate running program • Gradual return to sport activities
Criteria for Return to Sport Activities:			<ul style="list-style-type: none"> • Isokinetic quad torque to body weight ratio • Isokinetic test 85% > of contralateral side • No change in laxity • No pain/tenderness or swelling