

POSTERIOR CRUCIATE LIGAMENT NONOPERATIVE REHABILITATION PROTOCOL

(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	THERAPEUTIC EXERCISE
DAY 1 - WEEK 4:	<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"> 0-60° <p>Day 5 to 7</p> <ul style="list-style-type: none"> 0-90° <p>Week 2 to 3</p> <ul style="list-style-type: none"> 0-115° 	<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

<p>WEEK 3-6:</p>	<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
<p>WEEK 7-12:</p>	<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
<p>Criteria for Return to Sport Activities:</p>			<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