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┌─ COMPREHENSIVE PHYSICAL THERAPY ─┐
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Sports Medicine/Foot & Ankle

Posterior Cruciate Ligament (PCL) Rehabilitation
Non-Operative Protocol

Phase I – Maximum Protection
Weeks 0 to 6:
- Partial bearing with crutches x2 weeks
- PROM must be performed in prone (within ROM limits) x2 weeks
- Avoid isolated hamstring exercises

Goals
- PCL protection, prevent posterior tibial translation
- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Avoid hyperextension
- Proper gait mechanics asap

Exercise progression
- Quad activation exercises
- Straight leg raises when no quad lag is present
- Prone passive knee flexion, within limits (see below)
- Hip abd/add exercises
- Upper body exercise, core muscle training as indicated
- Stationary bike without resistance, when ROM >115 degrees

ROM limitations
- 0-2 weeks: 0-90 degrees
- 2-6 weeks: progress gradually as tolerated

Phase II – Progressive Stretching and Early Strengthening
Weeks 7 to 12:
Goals
- PCL protection, prevent posterior tibial translation
- Full ROM, avoid hyperextension
- Normalize gait mechanics
- Normalize patella mobility with manual mobilizations

Exercise progression
- Bilateral squat progression, limited to 70 degrees
- Single leg exercises in static positions (no single leg knee flexion beyond 30 degrees)
- Leg press bilateral, limited to 70 degrees
- Closed kinetic chain hip strengthening
- Step-up and step-down progression
- Stationary biking with progressive resistance and duration
- Proprioception drills
- Single leg deadlift with knee extended
- Incline treadmill walking

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COMPREHENSIVE PHYSICAL THERAPY

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Non-Operative Protocol

Phase III – Advanced Strengthening and Proprioception
Weeks 13 to 18:

Goals
- o Progressive strengthening and endurance training
- o Eliminate movement dysfunction (i.e. no dynamic valgus at the knee)
- o Quad girth 90% (vs uninvolved limb)

Exercise progression
- o Begin isolated hamstring exercise, progress slowly
- o Lunge progression (retro, walk and split) as indicated
- o Leg press with single limb
- o Add resistance and duration to stationary biking
- o Weighted squat progression, can progress past 70 degrees at 16 weeks
- o Single leg bridges, knees bent, starting at 16 weeks
- o When good quad control in functional drills, may begin jogging progression

Criteria for progression to Phase IV
- o Pass preliminary functional test at >90% (involved vs uninvolved limb)
    - o See testing protocol

Phase IV – Advance Strengthening & Return to Sport
Weeks 19 to 24:

Goals
- o Power development

Exercise progression
- o Sport-specific agility drills
- o Advanced ladder series
- o Linear running progression
- o Hurdle and plyo box progressions
- o Sport specific field/court drills
- o Non-contact drills

Criteria to be released for return to sport
- o Follow-up examination with the physician
- o No evidence of instability or giving way
- o Pass return-to-sport functional test at >90% (involved vs uninvolved limb)
    - o See testing protocol
- o Display symmetry and confidence in high-speed cutting, multiplane plyometric drills, sprinting and decelerating

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