

NON-OPERATIVE PCL DEFICIENT KNEE REHABILITATION PROGRAM

I. PROTECTION PHASE - (DAY 1 TO WEEK 4)

DAY 1 TO 5

- 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

DAY 5-7

- Brace ROM - 0-90 degrees
- Weight Bearing - Progress as tolerated
- Exercises
 - Continue all strengthening exercises
 - Initiate wall squats (0-50 degrees)
 - Initiate proprioceptive training

WEEK 2-3

- 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. MODERATE PROTECTION PHASE - (WEEK 3-6)

WEEK 3

- 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

WEEK 4-6

- Brace - Fit for functional brace
- Exercises
 - Continue all exercises listed above
 - Pool running
 - Agility drills

III. MINIMAL PROTECTION PHASE - (WEEK 7-12)

- 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