

Non-Operative PCL Protocol
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Phase One (Weeks 1-4):

1. Brace - 0-60 degrees to be worn at all times except bathing and exercises
2. Gait - PWB 2 crutch x 2 weeks, 1 crutch x 2 weeks
3. Quad sets
4. Ankle AROM
5. Eccentric knee flexion off table 0-60 degrees
6. SLR with knee locked in terminal extension for hip flexion, extension, abduction, adduction
7. CKC TKE with theraband
8. Leg press 0-45 degrees with narrow stance
9. Proprioception - BAPS

Phase Two (week 5 - month 5):

1. Brace - D/C with sleeping
2. Increase knee flexion to 90 degrees by week 8 and slowly to full flexion
3. Gait FWB by week 5
4. Begin stationary bike at week 4
5. Continue PREs
6. Continue proprioception exercises
7. OKC quads 90-45 degrees at week 4
8. Begin squat 0-45 degrees at week 6
9. Begin step ups at week 6 (forward and lateral)
10. Begin hamstring curls at week 8
11. Initiate plyometrics at week 8

Phase Three (months 6-9)

1. Begin functional activities
2. Monitor laxity with arthrometer (KT-1000)