

## Non-operative Posterior Cruciate Ligament Guideline

Individual patient circumstances may affect the guideline  
 (tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
<b>Weeks 0-6</b>	<ul style="list-style-type: none"> <li>• Protect PCL</li> <li>• Decrease pain and inflammation</li> <li>• PROM to 125 degrees</li> <li>• Normalized gait</li> <li>• No extensor lag with SLR</li> </ul>	<ul style="list-style-type: none"> <li>• ROM:                             <ul style="list-style-type: none"> <li>• 0-2 weeks 0-90°</li> <li>• 2-6 weeks to tolerance</li> </ul> </li> <li>• Avoid hyperextension</li> <li>• Partial WB first 2 weeks</li> <li>• Wear PCL brace at all times</li> </ul>	<ul style="list-style-type: none"> <li>• PRICE                             <ul style="list-style-type: none"> <li>○ Cryotherapy: 5-7 times per day</li> <li>○ Compression with TubiGrip/TEDS</li> </ul> </li> <li>• ROM: passive in prone first 2 weeks                             <ul style="list-style-type: none"> <li>○ Progress to as tolerated</li> </ul> </li> <li>• Quadriceps activation                             <ul style="list-style-type: none"> <li>○ Quad sets, SLR, NMES Re-ed, multi-angle quad isometrics</li> </ul> </li> <li>• Closed-chain strengthening 0-45°</li> <li>• Hip and core strengthening</li> <li>• Aquatics, if applicable</li> </ul>
<b>Weeks 6-12</b>	<ul style="list-style-type: none"> <li>• Protect PCL</li> <li>• Full knee ROM</li> <li>• Improve LE strength</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to WBAT (wean crutches)</li> <li>• Avoid hyperextension or posterior tibial translation</li> <li>• Avoid isolated hamstring strengthening</li> <li>• Limit CKC to 0-70°</li> <li>• PCL brace worn at all times</li> </ul>	<ul style="list-style-type: none"> <li>• ROM: as tolerated</li> <li>• Progress gait during crutch weaning</li> <li>• Initiate closed-chained strengthening at 0-70° (leg press, squat, hamstring bridges on ball, etc.)</li> <li>• Core stabilization exercises</li> <li>• Proprioceptive exercises</li> <li>• Optional therapies: anti-gravity treadmill</li> </ul>
<b>Weeks 12-18+</b>	<ul style="list-style-type: none"> <li>• Full knee ROM</li> <li>• Knee extensor strength ≥ 90% LSI</li> <li>• LSI ≥ 90% with return to play testing</li> <li>• Initiate return to running program</li> <li>• Initiate movement progression</li> </ul>	<ul style="list-style-type: none"> <li>• May discontinue PCL brace</li> <li>• May initiate isolated hamstring strengthening</li> <li>• Discuss return to sport with physician once criteria are met</li> </ul>	<ul style="list-style-type: none"> <li>• ROM: as tolerated</li> <li>• Progress hypertrophy and strength training through full ROM</li> <li>• Initiate return to run program</li> <li>• Initiate plyometric and agility training</li> <li>• Begin sport-specific training</li> <li>• Gradual RTS progression if passed criteria</li> </ul>

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.