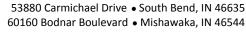


Non-Operative Rehabilitation Program for PCL-Deficient Knee

Phase I—PROTECTION PHASE (Day 1- week 4)

- Day 1-5
 - o Brace ROM: 0-70°
 - o Weightbearing: two crutches as tolerated
 - o Muscle Stimulation: muscle stimulation to quads
 - o Exercises
 - Quad sets
 - Straight leg raises (all 4 planes)
 - Knee extension $(60^{\circ} \text{ to } 0^{\circ})$
 - Multi-angle isometrics at 60°, 40°, 20° (for quads)
 - Mini squats (0-50°)
 - Leg press (45-90°)
- Day 5-7
 - o Brace ROM: 0-90°
 - Weightbearing: progress as tolerated
 - o Exercises
 - Continue all strengthening exercises
 - Initiate wall squats
 - Initiate proprioception training
- Week 2-3
 - o Brace ROM: 0-115°
 - o Weightbearing: one crutch then without at week 3
 - o Exercises
 - Progress exercises (listed above), 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



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Phase II—MODERATE PROTECTION PHASE (Week 3-6)

• Week 3

- o Brace: discontinue
- o ROM: to tolerance (0-125°)
- o Exercises
 - Continue all above exercises (progress weight)
 - Bicycle
 - Stairmaster
 - Rowin
 - Knee extension (0-90°)
 - Mini squats (45-60°) (0-60°)
 - Wall squats (0-75°)
 - Step-ups
 - Hamstring curls (light resistance) (0-45°)
 - Hip abduction/adduction
 - Proprioception training (biodex stability system)

Phase III—MINIMAL PROTECTION PHASE

• Exercises

- o Continue all strengthening exercises
- o Initiate running program
- o Gradual return to sport activities

• Criteria to Return to Sport Activities

- o Isokinetic quadriceps torque to body weight ration
- o Isokinetic test 85% > of contralateral side
- o No change in laxity
- o No pain/tenderness/swelling
- o Satisfactory clinical exam