

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

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.