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**PATIENT NAME:**

**DATE OF INJURY:**

**PHYSICAL THERAPY ORDER – Posterior Cruciate Ligament Non-operative treatment**

Phase I: 0-6 weeks

- Edema and pain control
- Avoid hyperextension (12 weeks)
- Prevent posterior tibial translation (12 weeks)
- Isolated hamstring exercises should be avoided for 12 weeks
- Weight bearing status: partial WB with crutches (2 weeks)
- ROM: prone passive ROM 0-90 deg for first 2 weeks then progress to full
- PCL jack brace on at all times (minimum 12 weeks)
- Exercises: patellar mobs, gastroc/soleus stretch, calf pumps, focus on quad activation, hip abduction/adduction

Phase II: 6-12 weeks

- Avoid hyperextension
- Prevent posterior tibial translation
- Limit double leg strengthening exercises to not more than 70 deg knee flexion
- Weight bearing as tolerated
- ROM: full ROM, supine and prone ROM after 6 weeks
- PCL jack brace
- Exercises: leg press limited to 0-70 deg knee flexion, squat progression, light kicking in pool, proprioceptive and balance exercises

Phase III: 13-18 weeks

- WB status: Full without brace
- ROM: progress towards full
- Brace: wean off
- Isolated hamstring exercises may begin

Phase IV: 19+ weeks

- Sport specific agility exercises
- Progress to full contact