

# PCL Tear - Non-Op program

Pt Name: \_\_\_\_\_

Dr: Alexander Strassman, DO

Date: \_\_\_\_\_

## ROM RESTRICTIONS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## BRACE SETTINGS

0-0 x 6 weeks

## WB STATUS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TIME LINES

Week 1 (1-7 PO)  
 Week 2 (8-14 PO)  
 Week 3 (15-21 PO)  
 Week 4 (22-28 PO)

● = Do exercise for that week

	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
<b>Initial Exercises</b>														
Flexion/Extension - prone	●	●	●	●	●	●	●	●						
Flexion/Ext - seated/calf assisted	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization (no hyperext)	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets								●	●	●	●			
Sit/Reach hamstrings (no hypertext)					●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises				●	●	●	●	●						
Balance series				●	●	●	●	●	●	●	●	●	●	●
<b>Cardiovascular Exercises</b>														
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance							●	●	●					
Bike with both legs - resistance								●	●	●	●	●	●	●
Aqua-jogging							●	●	●	●	●	●	●	●
Treadmill - walking 7% incline							●	●	●	●	●	●	●	●
Swimming with fins								●	●	●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
<b>Weight Bearing Strength</b>														
Double knee bends							●	●	●	●	●	●	●	
Double leg bridges							●	●	●	●				
Reverse lunge - static holds							●	●	●	●				
Beginning cord exercises							●	●	●	●	●			
Balance squats										●	●	●	●	●
Single leg dead-lift											●	●	●	●
Leg press											●	●	●	●
Sports Test exercises												●	●	●
<b>Agility Exercises</b>														
Running progression												●	●	●
Initial - single plane												●	●	●
Advance - multi directional														●
Functional sports test														●
<b>High Level Activities</b>														
Golf progression												●	●	●
Outdoor biking, hiking, snowshoeing												●	●	●
Skiing, basketball, tennis, football, soccer														●

Therapist Name: \_\_\_\_\_

