

# PCL Avulsion Instructions

## **Weight-Bearing Restrictions:**

- Weeks 1 and 2: 25% or Touch Down weight bearing with crutches or walker
- Weeks 3 and 4: 50% partial weight bearing with crutches or walker
- After week 4: Weight-bearing as tolerated

## **Hinged-Knee Brace Restrictions:**

- Weeks 1 and 2: Locked in extension while ambulating and sleeping. Ok to open to 90 degrees while sitting.
  - Weeks 3 and 4: Brace opened from 0-30 degrees while ambulating and sleeping. Ok to open to 90 degrees while sitting.
  - Weeks 5 and 6: Brace opened from 0-50 degrees while ambulating and sleeping. Ok to open to 110 degrees while sitting.
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- Weeks 1-4: 0-90 degrees of passive range of motion only
  - Weeks 5-6: passive range of motion as tolerated
  - After week 6: active and passive range of motion as tolerated

**Avoid any active use of hamstrings for the first 6 weeks post-operatively.**