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Physiotherapy Intervention in Posterior Cruciate Ligament Injury: A Narrative Review

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ABSTRACT

Posterior Cruciate Ligament (PCL) is one of the major ligaments in the knee and plays a crucial role in stabilising the joint.It is the biggest and strongest ligament in the knee joint. In addition to providing anteroposterior consistency, the ligament also serves as a buffer against rotational, varus, and valgus forces. The main objective of this review is identify the significant effects of physiotherapy intervention on the patient with PCL injury. For determining full text publications, databases comprising PubMed, Cochrane, Google Scholar, and Scopus were searched for articles published between 2015 to 2024. The evidence-based reviews, follow up studies and a prospective randomized trial studies in English were browsed, including 975 papers that qualified for full text and 567 articles were eliminated because they contained duplicates. A total of 299 abstract and titles were assessed, out of those, 100 were removed due to other treatment. This review entailed 9 published articles. This study found that physiotherapy and conservative management can lead to maximum stability in an individual with PCL. According to the study, post operative management of the PCL injury could lead to minimum damage and enhance stability. Patients following physiotherapy intervention had shown gradual improvement in the condition. During the rehabilitation process, the physical therapy is a key component of PCL injury rehab. In conclusion, physiotherapy helps to strengthen the muscles around the knee, increase adaptability, and regain movement range, focussing on pain management, restoring function and strength, improving proprioception, facilitating a safe return to activity, and empowering patients with the knowledge and skills for long-term joint health.

Keywords: Knee, Maximum stability, Stabilisation of joint