

Home Exercise Program for PCL Injury

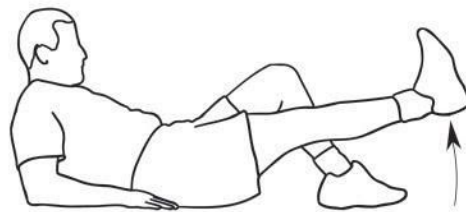
- Perform the exercises in the order listed.
- If symptoms allow, 5 to 10 minutes of gentle stationary cycling with low resistance can be performed as a warm-up before performing the following exercise program.
- To prevent inflammation, after completing all the exercises apply a bag of crushed ice or frozen peas to the back of the knee for 20 minutes or until numb.
- If pain does not improve, if it worsens, or if the knee joint becomes inflamed, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercises for PCL Injury

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Straight leg raise	Quadriceps	10 repetitions/3 sets	6 to 7	3 to 4
Straight leg raise (prone)	Quadriceps	10 repetitions/3 sets	6 to 7	3 to 4

Straight Leg Raise

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor. Be sure to keep the knee completely straight.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 10 repetitions, 6 to 7 days per week, continuing for 3 to 4 weeks.



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Posterior Cruciate Ligament Injury

Straight Leg Raise (Prone)

- Lie face down on the floor with your legs straight.
- Keeping the knee of the affected leg straight, raise the leg approximately 6 to 8 inches.
- Hold this position for 5 seconds.
- Lower the leg and rest it for 2 seconds.
- Perform 3 sets of 10 repetitions, 6 to 7 days per week, continuing for 3 to 4 weeks.

