

Prepared for: _____

Prepared by: _____

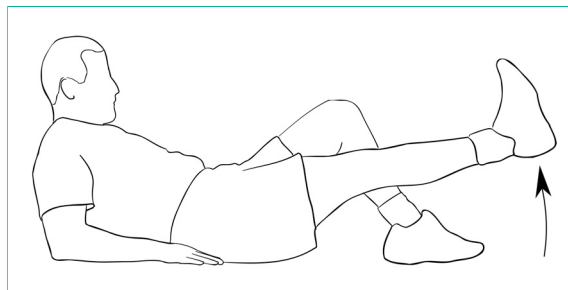
Home Exercise Program for PCL Injury

- Perform the exercises in the order listed.
- To prevent inflammation, apply a bag of crushed ice or frozen peas to the back of the knee for 20 minutes or until numb after completing all the exercises.
- If pain does not improve, if it worsens, or if the knee joint becomes inflamed, call your doctor.

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

Straight-Leg Raises

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the injured 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 injured leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 10 repetitions 6 to 7 days a week, continuing for 3 to 4 weeks.



Straight-Leg Raises (Prone)

- Lie on the floor on your stomach with your legs straight.
- Tighten the hamstrings of the injured leg and raise the leg toward the ceiling as far as you can.
- 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 a week, continuing for 3 to 4 weeks.

