



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

POSTERIOR CRUCIATE LIGAMENT (PCL)

Home Exercises

A posterior cruciate ligament, or PCL injury, is a tear or sprain of one of the major ligaments of your knee. The PCL connects the thigh bone (femur) to your shin bone (tibia) and it prevents your shin bone from slipping too far back in relation to your thigh bone. PCL tears make up less than 20% of injuries to knee ligaments and oftentimes there is also damage to surrounding ligaments or cartilage in the knee. PCL injuries most commonly occur from striking the knee against the dashboard during an automobile accident, a sport related injury, or falling on the knee while it's bent. The symptoms of a PCL injury are similar to other ligament injuries. You may experience pain/ tenderness or swelling behind the knee, especially when you kneel. Some people also describe a feeling of instability of the knee when walking, as if the knee may give out, lock, or catch. Your knee may feel stiff and be swollen. Another symptom possibly appearing two weeks after the original injury, is pain in front of the knee when attempting to run or slow down. Many people hear or feel a "pop" in the knee when the original injury occurs.

The goals of treating a PCL injury include relief of pain and inflammation, reduction of stiffness and improvement/ preservation of range of motion, and improvement/ maintenance of mobility and function. In early stages, icing the knee and elevation of the lower limb can be helpful, but no longer than 20 minutes at a time is recommended. The below exercises are to maximize range of motion/ flexibility, while also increasing strength/ control of the knee, hips, and core. If surgery is required, these exercises will help improve your outcome after surgery. Although some soreness is to be expected following these exercises, we do not want any sharp pain, pain that gets worse with each repetition, or any increased soreness for more than 24 hours. If this is the case, we ask that you modify the exercise – try decreasing the number of repetitions or the frequency.

QUAD SET WITH TOWEL UNDER HEEL

While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

Repeat 10 Times Hold 2 Seconds

Complete 1 Set Perform 2 Times a Day



HEEL SLIDES - LONG SIT WITH TOWEL AND BELT

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 2 Times a Day



CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 2 Times a Day



STRAIGHT LEG RAISE - SLR

Tighten your stomach While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 2 Times a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body or slightly behind.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 2 Times a Day



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 2 Times a Day



HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 2 Times a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 2 Times a Day



CALF RAISES

With foot pointed straight, slowly raise up onto toes, hold ____ seconds, then return to starting position.

Repeat 10 Times Hold 2 Seconds

Complete 2 Sets Perform 2 Times a Day



SIT TO STAND - NO SUPPORT

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Repeat 10 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day

