

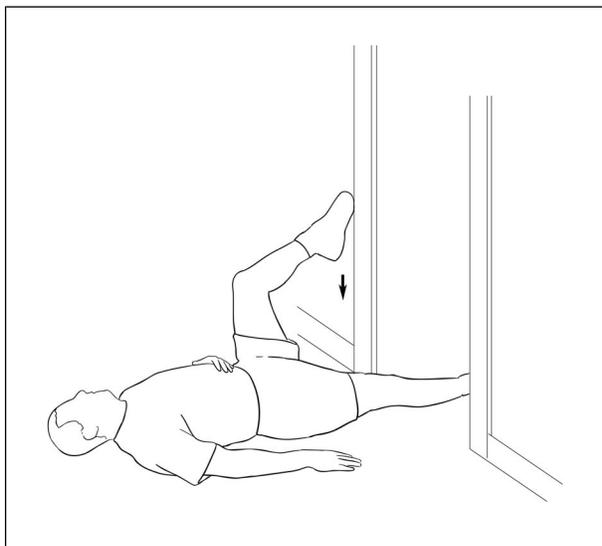
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR PCL INJURY

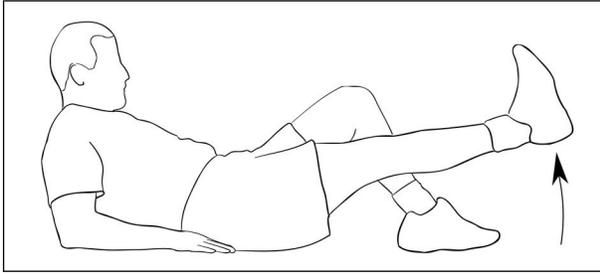
Perform the exercises in the order listed. Apply a bag of crushed ice or frozen peas to the back of the knee for 20 minutes after completing all the exercises to prevent inflammation. If pain does not improve or worsens or if the knee joint becomes inflamed, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Wall slides	Hamstrings/ quadriceps	25 repetitions/3 sets, progressing to 45 repetitions/3 sets	6 to 7	3 to 4
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



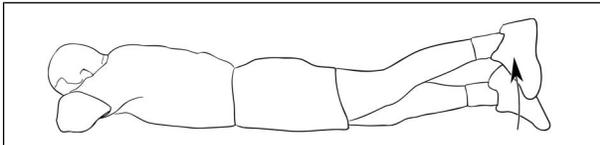
WALL SLIDES

Lie on your back with the uninjured leg extending through a doorway and the injured leg resting against the wall. Let the leg gently slide down the wall to a position of maximum flexion. Hold this position for 5 seconds and then slowly straighten the leg. Begin with 3 sets of 25 repetitions, progressing to 3 sets of 45 repetitions. Perform the exercise 6 to 7 days a week, continuing for 3 to 4 weeks.



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 the 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.