

## PCL Repair

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

• = Do exercise for that week/month

		Week							Month							
	Initial Exercise	1	2	3	4	5	6	7	8	9	10	3	4	5	6	
<b>ROM Restrictions:</b> _____ _____ _____	Extension/flexion – wall slides							•	•							
	Extension/flexion – sitting	•	•	•	•	•	•	•	•							
	Extension/flexion – prone	•	•	•	•	•	•	•	•							
	Quad sets with straight leg raises	•	•	•	•	•	•	•	•							
	Hamstring sets								•	•	•	•				
	Patella/tendon mobs	•	•	•	•	•	•	•	•	•	•					
	Ankle pumps	•	•	•	•											
<b>Brace Settings:</b> _____ _____ _____	Sit and reach for hamstrings (towel)					•	•	•	•	•	•	•	•	•	•	
	Runners stretch for calf and achilles								•	•	•	•	•	•	•	
	Stork stand for quadriceps								•	•	•	•	•	•	•	
	Toe and heel raises								•	•	•	•				
	1/3 knee bends								•	•	•					
<b>Weight Bearing Status:</b> • Non WB • Touch down WB • Partial 30 percent WB • As tolerated WB • Full WB	<b>Cardiovascular Exercises</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
	Bike with single leg/single leg rowing			•	•	•	•	•								
	Bike with both legs								•	•	•	•	•	•	•	
	Aqua-jogging								•	•	•	•	•	•	•	
	Treadmill-incline 7 to 12 percent									•	•	•	•	•	•	
	Swimming with fins									•	•	•	•	•	•	
	Elliptical trainer										•	•	•	•	•	
	Rowing											•	•	•	•	
	StairMaster												•	•	•	•
<b>Time Lines:</b> • Week 1 (1 to 7 POD) • Week 2 (8 to 14 POD) • Week 3 (15 to 21 POD) • Week 4 (22 to 28 POD)	<b>Sport Cord Exercises</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
	Double knee bends									•	•	•	•	•	•	
	Carpet drags											•	•	•		
	Gas pedal									•	•	•	•	•	•	
	Forward/backward jogging												•	•		
	Single knee bends												•	•	•	•
													•	•	•	

<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial												•	•	•
Advance													•	•
<b>Weights</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees												•	•	•
Leg curls – don't hyperextend												•	•	•
Ab/adduction												•	•	•
Mini squats with bar												•	•	•
Balance squats												•	•	•
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking											•	•	•	•
Golf													•	•
Running														•
Skiing, basketball, tennis, football, soccer														•