

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

Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial												•	•	•
Advance													•	•
Weights	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												•	•	•
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking											•	•	•	•
Golf													•	•
Running														•
Skiing, basketball, tennis, football, soccer														•