

Back-of-knee ligament injury (PCL or corner): brace and exercises

PCL and back-of-knee ligament injury



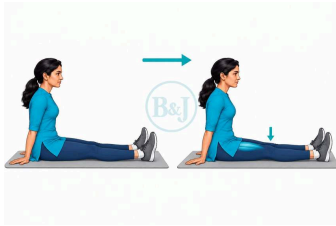
Count the weeks from the day of your injury. The date is on your prescription.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–2

Bring the swelling down: rest with the leg raised, and put a cold pack wrapped in a cloth on the knee for 15 minutes, 3–4 times a day. Wear the knee brace as we have advised. When you lie down, put the pillow under the calf, not under the knee, so the shin cannot sag backwards. Start the thigh exercises now: a strong front of the thigh holds the shin forward and protects the ligament.

Weight bearing As written on your prescription, with crutches, and the knee brace if we gave you one.



Quad sets

Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

10 times

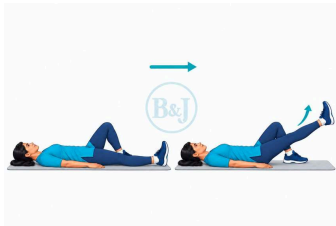
3 times a day

✓ **Should feel**

The thigh muscle tightening

✗ **Should not feel**

Knee pain



Straight leg raise

Lie down, one knee bent. Keep the other knee straight and lift the leg 20 cm.

10 times

3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending or back pain



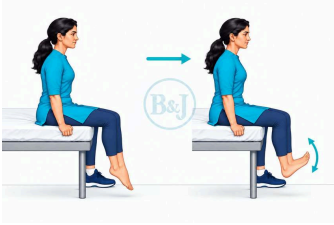
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sheet 65

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a
fracture or dislocation? Please call first.



Ankle pumps

Pump the feet up and down to keep the blood moving.

20 times

Every hour while awake

✓ Should feel

The calf working

✗ Should not feel

Calf pain or swelling — tell us



Buttock squeeze

Lie on your back with the legs straight. Squeeze the buttocks together, hold, then relax.

Hold 5 seconds

10 times

3 times a day

✓ Should feel

The buttocks tightening

✗ Should not feel

Back pain

Not yet A pillow under the knee, bending the knee further than we have allowed, bending the knee against resistance (hamstring curls), twisting on the injured leg, or driving. Letting anyone, a bone-setter included, pull, push or massage the knee.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 2–6

Bend the knee a little further each week, as we advise, aiming for about a right angle by 6 weeks. Bend it lying on your front, as shown, so the shin is not pulled backwards. Come out of the brace step by step when we tell you. Carry on with the earlier exercises.

Weight bearing Full, as comfortable, in the brace, until we tell you to stop wearing it.



Knee bend lying on your front

Lie on your front. Hook the good foot under the ankle of the injured leg and use it to bend the knee slowly, only as far as we have allowed, then lower it. Keep the muscles of the injured leg relaxed.

10 times

3 times a day

✓ Should feel

A gentle stretch at the front of the knee

✗ Should not feel

Pain at the back of the knee, or the thigh cramping



Calf raises

Rise onto both toes and lower under control.

15 times

Daily

✓ Should feel

The calf working

✗ Should not feel

Sharp pain



Mini wall sit

Back against a wall, slide down a little way, hold, then stand.

Hold 10 seconds

10 times

✓ Should feel

The thighs working

✗ Should not feel

Knee pain at the front

Not yet Hamstring curls or bending the knee against resistance, bridging (lifting the hips with the knees bent), pushing the knee back beyond straight, twisting on the injured leg, running or jumping. Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 6–12

Get the knee bending fully and walk without a limp. Build the front of the thigh with exercises done standing, and improve your balance. Start the cycling only once the knee bends far enough to pedal round without forcing it. Carry on with the earlier exercises.

Weight bearing Full.



Mini squat

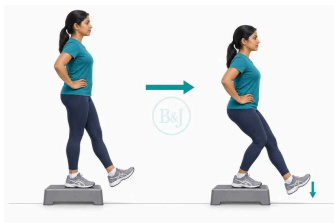
Hold a support and bend the knees a little way.

10 times

Daily

✓ **Should feel**
The thighs working

✗ **Should not feel**
Knee pain



Step down

Stand on a low step on the painful leg and lower the other heel slowly towards the floor.

10 times

Daily

✓ **Should feel**
Controlled lowering

✗ **Should not feel**
The knee falling inwards



Single-leg balance

Stand on one leg. Progress to eyes closed.

30 seconds

3 times a day

✓ **Should feel**
Steady control

✗ **Should not feel**
The knee giving way



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Static cycling

Set the seat high, so the knee is almost straight at the bottom. Pedal gently with little resistance.

10 minutes

Daily

✓ Should feel

The knee moving freely

✗ Should not feel

Pain in the knee or hip

Not yet Hamstring curls, until we tell you. Running, jumping or turning sport. Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Month 3 onwards

Back to sport step by step, if we agree: straight-line jogging first, then turning and contact sport, usually from about 3 to 6 months, once the injured thigh is about as strong as the other. We will tell you when to start strengthening the back of the thigh. Carry on with the third-stage exercises.

Weight bearing Full.



Calf raises

Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**
The calf working

✗ **Should not feel**
Sharp pain



Heel-to-toe walking

Walk heel to toe along a line, beside a support.

10 steps

Daily

✓ **Should feel**
Steadier walking

✗ **Should not feel**
Wobbling — use the wall



Walking

Walk daily. Build the distance slowly.

20–30 minutes

Most days

✓ **Should feel**
Easier walking over weeks

✗ **Should not feel**
Swelling next day — do less

Not yet Football, kabaddi, cricket fielding or other turning and contact sport until we clear you.

Stop and telephone us if

- The foot becomes numb, weak, cold or pale — go to the nearest hospital
- The knee starts to feel loose from side to side when it did not before — come the same day
- The knee gives way again and again
- The knee locks, or will not straighten fully
- The calf becomes swollen, tight or painful — come the same day
- Sudden breathlessness or chest pain — go to the nearest hospital
- The knee becomes hot and red, or you have a fever
- The brace rubs or feels too tight



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