



**SPORTS  
ORTHOPAEDIC  
CENTRE**

# Posterior Cruciate Ligament Reconstruction pre-hab

## Before knee surgery exercises

You may have discovered you have been less active because of your knee joint instability. When muscles are not used, they become weak and do not perform well in supporting and moving your body.

Having your knee surgery will correct the instability, but you will need a regular exercise program to strengthen and stretch your muscles to properly support your upcoming surgical procedure.

**Beginning an exercise program before surgery can greatly help your recovery.**

There are several exercises listed below for you to work on before your surgery. Because everyone responds to exercise differently, you need to be the judge of how much exercise you can do each day. If an exercise causes an increase in discomfort, stop doing that exercise. You should try to exercise one to two times a day, every day, before surgery. Work up to doing 10 to 20 repetitions of each exercise. It may be helpful to do these exercises on both legs. For the most comfort, do the exercises lying down. Your bed is an excellent place to do your exercises.



03 9081 9305 or 0421 826 109



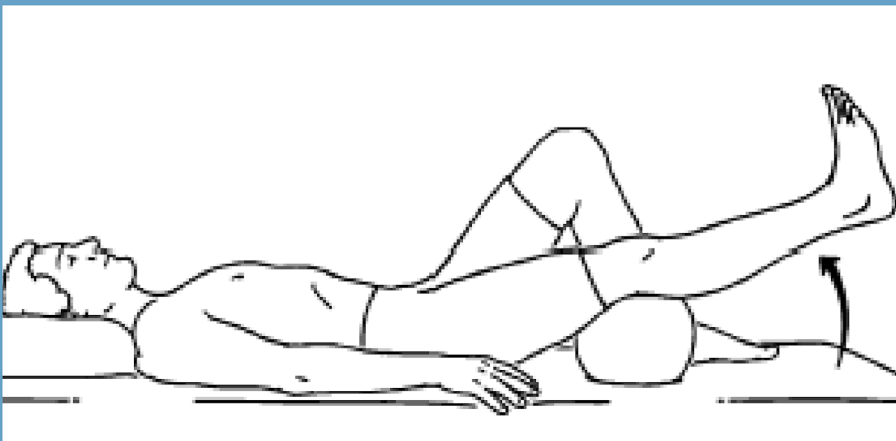
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## Knee Extension:



- Lie on your back with both legs straight.
- Place a rolled-up towel under the heel of your injured leg.
- Relax and let your involved knee straighten as much as possible.
- Try to maintain this position for 2 minutes.
- Then place the towel under your knee for 30 seconds rest.

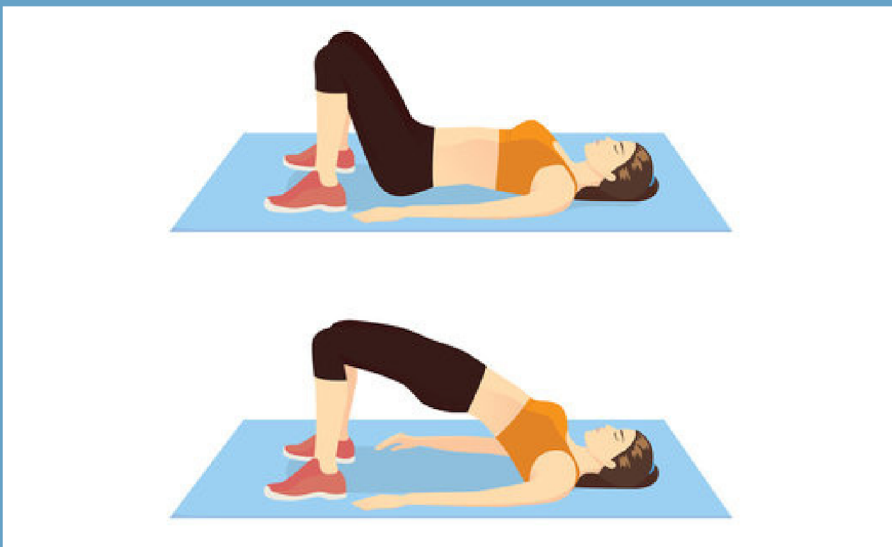
## Quadriceps Set





- Lie on your back with a towel roll under your involved knee and your non-involved knee bent.
- Tighten your quadriceps and gently press the back of your knee into the towel roll.
- Should you experience any pain or discomfort, make the towel roll thicker/bigger.
- Hold 10 seconds. Rest 10 seconds.

## Bridging



- Lie 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.

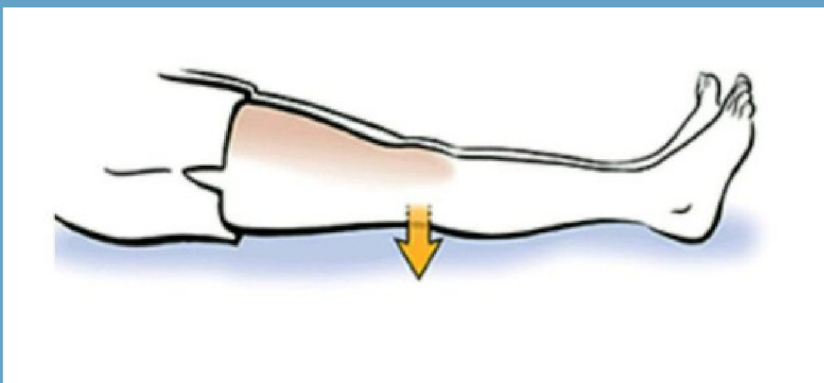


## Calf raises.



- With foot pointed straight, slowly raise up onto toes.
- hold 5 seconds, then return to starting position.

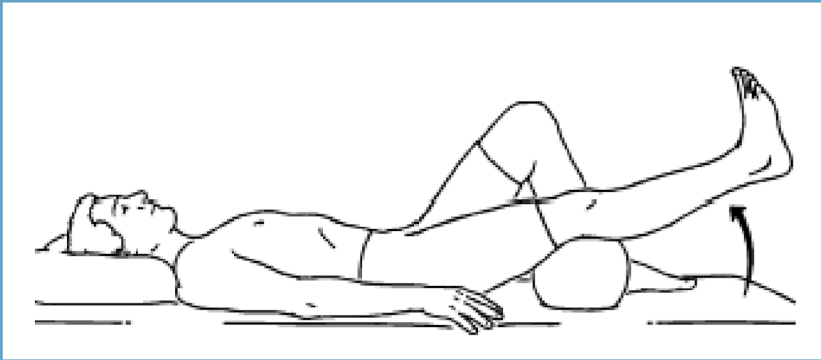
## Thigh Squeeze



- Thigh squeezes tighten the muscles on the top of your thigh.
- Squeeze your quadriceps on the top of your thigh and push your knee down onto the bed

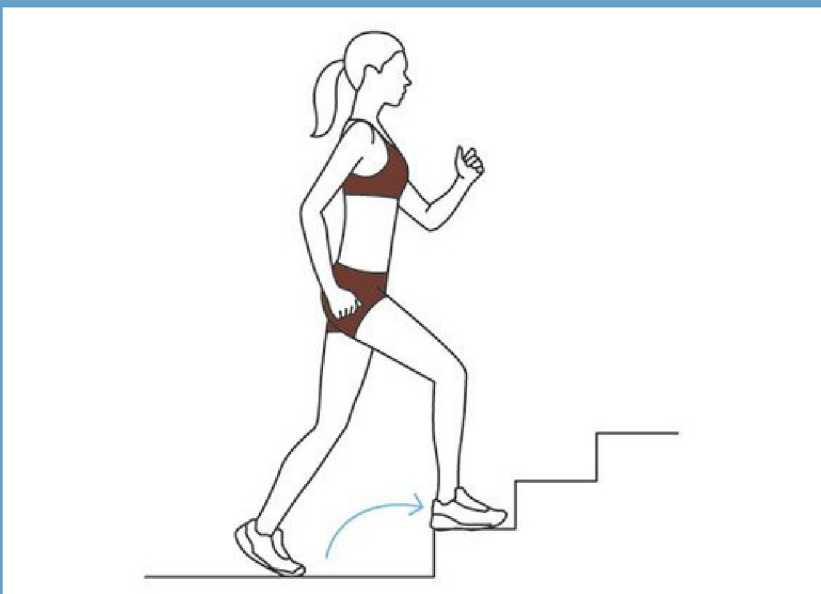


## Lying kicks (short arc quadriceps)



- Lie on your back with a rolled-up blanket or towel (at least 6 inches in diameter) under the knee of your surgical leg.
- Straighten your surgical leg.
- Hold for 5 seconds.
- Slowly lower your leg down and relax.
- The back of your knee should stay in contact with the blanket or towel during the exercise.

## Stair climbing and descending.



- Stair climbing is an excellent strengthening and endurance activity.
- Always lead up the stairs with your good knee and down the stairs with your affected knee
- You may require assistance and also need to use a handrail for support.
- Practice climbing and descending a set of stairs.

