



## KNEE POSTERIOR CRUCIATE LIGAMENT (PCL) RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

### **You are recovering from reconstructive knee surgery.**

*The following information is to help make your recovery as smooth and rapid as possible.*

1. Keep your knee elevated as much as possible for the next few days.
2. Keep your dressing on for three days, after that you may remove the bandages and replace them with clean ones. Wear your brace continually until seen at your first post-op visit. Keep the dressing clean and dry until we see you for your first post-operative visit. You may shower by wrapping plastic over your dressing.
3. Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call.
4. Use your cold therapy unit as we have directed until you are seen in the office.
5. You may walk with your crutches. You may rest your foot on the ground for balance only. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe.
6. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen in the office within the week for follow-up. Please call our office listed below if you have any questions or concerns.



### KNEE POSTERIOR CRUCIATE LIGAMENT (PCL) RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE



#### Quad Set

Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.



#### Straight Leg Raise – Abduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



#### Straight Leg Raise - Adduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



#### Straight Leg Raise – Extension

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.