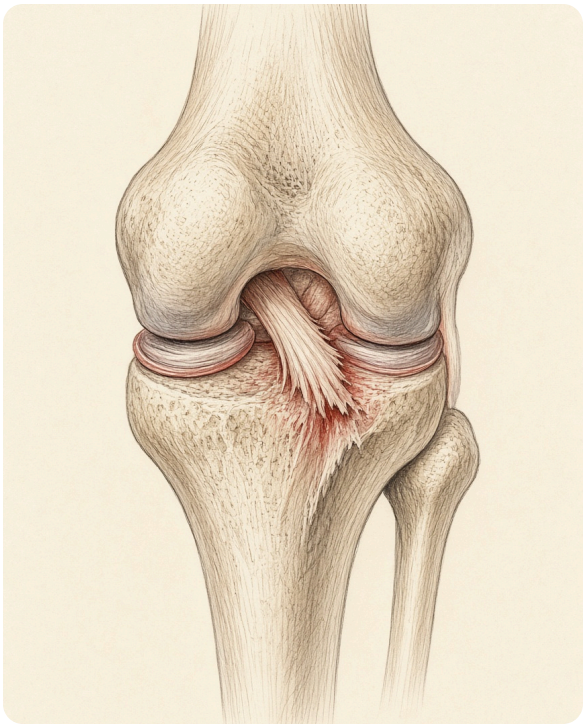
ARMIN PHYSIO



PATIENT GUIDE

PCL Injury

Landed on your knee? You may have injured your **PCL.**

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What is a PCL injury?

The posterior cruciate ligament (PCL) sits at the back of the middle of the knee and stops the shin bone sliding backwards. It's often injured by landing directly on a bent knee or a blow to the front of the shin. Strong quadriceps help take over some of the PCL's job, so rehab focuses on quad strength.

QUICK CHECK

Does this sound like you?

- [ ] You injured it by **landing on your knee**
- [ ] A lot of **laxity (looseness)** in the knee when tested seated
- [ ] Your knee **gives way** when you walk
- [ ] Pain at the **back of the knee**
- [ ] Pain or weakness with **stairs or squatting**

If you ticked a few boxes, your PCL could be injured. Get it assessed, then try the 3 exercises on the next pages.



Injured by landing on the knee



Looseness in the knee when tested

YOUR 3 EXERCISES

Try these exercises

1 Wall ball squat

Strengthens the quads





1. **Place a ball behind your back** against the wall.
2. **Lower down as much as you can tolerate.**
3. **Come right back up.**
4. Repeat.

3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Step-up

Strengthens the quads on the affected leg





1. **Place your affected leg on a step.**
2. **Try to stand right up.**
3. **Go down slowly.**
4. Use a dowel for support if you need it. Repeat.

3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Back-knee-first lunge

Builds leg strength while protecting the knee





1. **Get into a lunging position.** Keep your back nice and straight.
2. **Start by bending the back knee first**, going straight down.
3. Make sure the **front knee doesn't cross the toe** and keep it at **90 degrees**.
4. **Pop right back up** and repeat.

3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Wall ball squat, 3 × 10–15

02
Strengthen
Step-up, 3 × 10–15

03
Strengthen
Back-knee-first lunge, 3 × 10–15

Armin doesn't give sets in this video, so sets, reps and doing it once a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

A suspected ligament injury should be assessed by a physio or doctor, especially after a fall or if the knee keeps giving way.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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