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HOURLY HOME PROGRAM – PCL RECONSTRUCTION – WEEK 1

THE EXERCISES DURING THIS 1st WEEK ARE A KEY COMPONENT TO YOUR SUCCESS IN THE REHABILITATION OF YOUR KNEE

NAME: _____ CHART#: _____ DATE: _____

FIRST EVE	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 5 / hour												
Toe Points/Flexes 5 / hour												
Quad sets 5 / hour												
CPM 40 min/hr Slowest speed Ext +10 Flex +40												

DO NOT HYPEREXTEND THE KNEE

Toe touch down weight bearing

DO NOT touch incisions

No hamstring stretches

Wear brace at all times, including sleeping

Use the CPM, **without brace**, while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Drink plenty of fluids

Brace should remain @ +10 Extension & +30 Flexion

OPTIONAL: You may want to use a stool softener to ease constipation that the medications and inactivity may cause.

HOURLY HOME PROGRAM – PCL RECONSTRUCTION – WEEK 1

NAME: _____ CHART#: _____ DATE: _____

DAY 1	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 5 / hour												
Toe Points/Flexes 5 / hour												
Quad sets 5 / hour												
CPM 40 min/hr Slowest speed Ext +10 Flex +40												

DO NOT HYPEREXTEND THE KNEE

Begin touch-down weight bearing as tolerated by pain

DO NOT touch incisions

No hamstring stretches

Wear brace at all times, including sleeping

Use the CPM, **without brace**, while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Drink plenty of fluids

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NAME: _____ CHART#: _____ DATE: _____

DAY 2	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 5 / hour												
Toe Points/Flexes 10 / hour												
Quad sets 10 / hour												
CPM 40 min/hr Slowest speed Ext +10 Flex +50												

DO NOT HYPEREXTEND THE KNEE

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions

No hamstring stretches

Wear brace at all times, including sleeping

Use the CPM, **without brace**, while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Drink plenty of fluids

HOURLY HOME PROGRAM – PCL RECONSTRUCTION – WEEK 1

NAME: _____ CHART#: _____ DATE: _____

DAY 3	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 10 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 10-15 / hour												
CPM 40 min/hr Slowest speed Ext +10 Flex +50												

DO NOT HYPEREXTEND THE KNEE

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions

No hamstring stretches

Wear brace at all times, including sleeping

Use the CPM, **without brace**, while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

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NAME: _____ CHART#: _____ DATE: _____

DAY 4	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 10 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 12-15 / hour												
CPM 40 min/hr Slowest speed Ext +10 Flex +60												
Pillow squeezes 10 / hour												
Massage shin & muscle above knee 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Passive Heel Slides w/ massage W/O Knee Brace 10 / day												

DO NOT HYPEREXTEND THE KNEE

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

No hamstring stretches

Wear brace at all times, including sleeping

Use the CPM, **without brace**, while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

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NAME: _____ CHART#: _____ DATE: _____

DAY 5	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 15 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 12-15 / hour												
Pillow squeezes 10 / hour												
Massage shin & muscle above knee 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Rest leg out straight on flat surface 5 min - 3 times/day												
Passive heel slides w/ massage W/O Knee brace 10 / day												
CPM 40 min/hr Slowest speed Ext +10 Flex +60												

DO NOT HYPEREXTEND THE KNEE

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

No hamstring stretches

Wear brace at all times, including sleeping

Use cold cuff intermittently as desired (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

HOURLY HOME PROGRAM – PCL RECONSTRUCTION – WEEK 1

NAME: _____ CHART#: _____ DATE: _____

DAY 6	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 20 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 12-15 / hour												
Pillow squeezes 10 / hour												
Massage shin & muscle above knee 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Rest leg out straight on flat surface 5 min - 3 times/day												
Passive heel slides w/ massage W/O Knee brace 3 times/day 15 min.												
CPM 40 min/hr Slowest Speed Ext +10 Flex +60												

DO NOT HYPEREXTEND THE KNEE

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use cold cuff intermittently as desired (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Wear brace at all times, including sleeping

HOURLY HOME PROGRAM – PCL RECONSTRUCTION – WEEK 1

CONTINUE THIS DAILY PROGRAM UNTIL OTHERWISE INSTRUCTED

NAME: _____ CHART#: _____ DATE: _____

DAY 7	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 20 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 12-15 / hour												
Pillow squeezes 10 / hour												
Massage shin & muscle above knee 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Rest leg out straight on flat surface 5 min - 3 times/day												
Passive heel slides w/ massage W/O Knee brace 3 times/day 15 min.												

DO NOT HYPEREXTEND THE KNEE

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use cold cuff intermittently as desired (use ace wrap to cover skin)

The CPM is usually discontinued by day 7 – **Call the CPM rep to arrange for a drop off or pick up @ 230-1813**

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Wear brace at all times, including sleeping