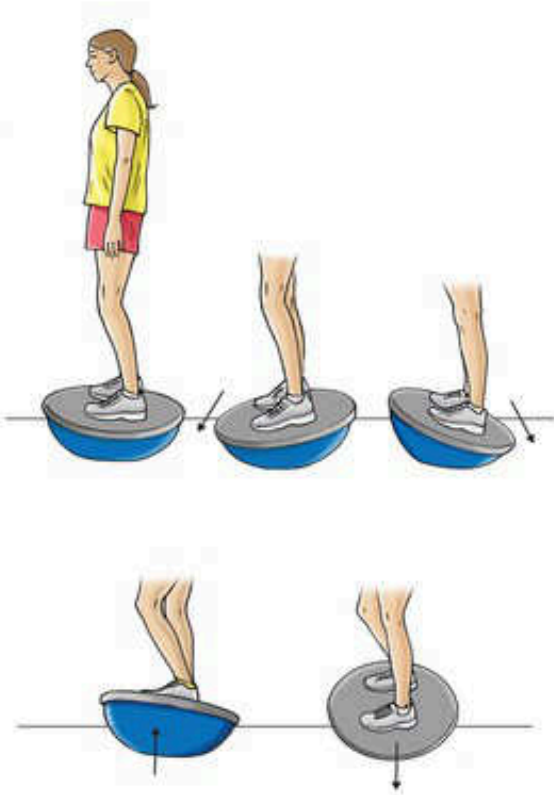


Wobble Board Exercises



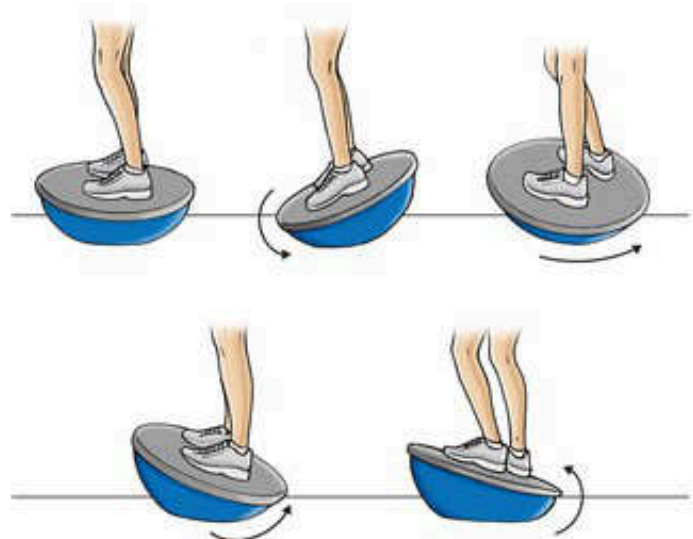
Wobble board exercise A



Wobble board exercise B



Wobble board exercise C



Wobble board exercise D

Posterior Cruciate Ligament Sprain Rehabilitation Exercises



Quad sets



Seated quad sets



Knee stabilization: A



Knee stabilization: B



Knee stabilization: C



Knee stabilization: D



Straight leg raise



Wall squat with a ball



Step-up

POSTERIOR CRUCIATE LIGAMENT INJURY EXERCISES



View image



View image

Start exercising your injured leg when some of the swelling has gone down and you are able to put about half of your weight on that leg.

- **Quad sets:** Sit on the floor with your injured leg straight and your other leg bent. Press the back of the knee of your injured leg against the floor by tightening the muscles on the top of your thigh. Hold this position 10 seconds. Relax. Do 2 sets of 15.
- **Seated quad sets:** Sit in a straight-back chair with your injured knee bent at a 90-degree angle. Try to tighten the top of your thigh muscles without moving your leg. Hold for 10 seconds. Do 2 sets of 15.
- **Knee stabilization:** Wrap a piece of elastic tubing around the ankle of your uninjured leg. Tie a knot in the other end of the tubing and close it in a door at about ankle height.
 - Stand facing the door on the leg without tubing (your injured leg) and bend your knee slightly, keeping your thigh muscles tight. Stay in this position while you move the leg with the tubing (the uninjured leg) straight back behind you. Do 2 sets of 15.
 - Turn 90 degrees so the leg without tubing is closest to the door. Move the leg with tubing away from your body. Do 2 sets of 15.
 - Turn 90 degrees again so your back is to the door. Move the leg with tubing straight out in front of you. Do 2 sets of 15.
 - Turn your body 90 degrees again so the leg with tubing is closest to the door. Move the leg with tubing across your body. Do 2 sets of 15.

Hold onto a chair if you need help balancing. This exercise can be made more challenging by standing on a firm pillow or foam mat while you move the leg with tubing.
- **Straight leg raise:** Lie on your back with your legs straight out in front of you. Bend the knee on your uninjured side and place the foot flat on the floor. Tighten the thigh muscle on your injured side and lift your leg about 8 inches off the floor. Keep your leg straight and your thigh muscle tight. Slowly lower your leg back down to the floor. Do 2 sets of 15.
- **Wall squat with a ball:** Stand with your back, shoulders, and head against a wall. Look straight ahead. Keep your shoulders relaxed and your feet 3 feet (90 centimeters) from the wall and shoulder's width apart. Place a soccer or basketball-sized ball behind your back. Keeping your back against the wall, slowly squat down to a 45-degree angle. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds and then slowly slide back up the wall. Repeat 10 times. Build up to 2 sets of 15.
- **Step-up:** Stand with the foot of your injured leg on a support 3 to 5 inches (8 to 13 centimeters) high --like a small step or block of wood. Keep your other foot flat on the floor. Shift your weight onto the injured leg on the support. Straighten your injured leg as the other leg comes off the floor. Return to the starting position by bending your injured leg and slowly lowering your uninjured leg back to the floor. Do 2 sets of 15.


If you have access to a wobble board, do the following exercises:

- **Wobble board exercises**
Stand on a wobble board with your feet shoulder-width apart.
- Rock the board forwards and backwards 30 times, then side to side 30 times. Hold on to a chair if you need support.

- Rotate the wobble board around so that the edge of the board is in contact with the floor at all times. Do this 30 times in a clockwise and then a counterclockwise direction.
- Balance on the wobble board for as long as you can without letting the edges touch the floor. Try to do this for 2 minutes without touching the floor.
- Rotate the wobble board in clockwise and counterclockwise circles, but do not let the edge of the board touch the floor.

When you have mastered the wobble exercises standing on both legs, try repeating them while standing on just your injured leg. After you are able to do these exercises on one leg, try to do them with your eyes closed. Make sure you have something nearby to support you in case you lose your balance.

Developed by RelayHealth.



**MUSCLE
DYNAMICS**
MASSAGE &
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