

UPSWING HEALTH

Posterior Cruciate Ligament Tears

Heel Slides

With towel around heel, gently pull involved knee upwards with towel until a stretch is felt in the knee. Perform 10 repetitions, holding for 5 seconds each side, 2-3 times a day.



Quarter Wall Squats

Leaning on wall, slowly lower buttocks toward floor until your knees are slightly bent. Your knees should remain over your ankles, not in front of your toes. Tighten thigh muscle as you return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Anterior Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



Lateral Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



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Anterior Lunges

Lunge forward to a pain-free distance that you can control and return to starting position. Repeat with the other leg. Perform 2-3 sets of 10 repetitions, once a day.

