

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

PCL INJURY NONOPERATIVE PHYSICAL THERAPY

Side: Right Left Bilateral

Phase	Goals	Precautions	Exercises
Phase I (Weeks 0-3) <i>Maximum Protection Phase</i>	Decrease pain and inflammation Early protected ROM 0-115° Prevent quadriceps atrophy Patient education No increased instability or swelling	WBAT (crutches prn) Hinged knee brace: Week 1: 0-60° Week 2: 0-90° Week 3: 0-115° Avoid active knee flexion	Strengthening: Emphasize quads (SLR, knee extensions 0-60°, mini-squats 0-50°, leg press 30-90°) Bicycle beginning week 2 Modalities: PRN HEP
Phase II (Weeks 4-6) <i>Moderate Protection Phase</i>	Painless ROM 0-125° Discontinue brace No instability No effusion	Avoid active knee flexion Avoid painful activities	Continue and advance strengthening Proprioception training Endurance work Pool running / Alter-G progress to full Progress to agility drills when appropriate HEP
Phase III (Weeks 7-12) <i>Minimal Protection Phase</i>	Full strength and ROM Gradually increase to full activity level No effusion No change in laxity Isokinetic strength >85% contralateral side Satisfactory proprioception	Avoid painful activities	Continue flexibility, strengthening, proprioception training Initiate sport/activity specific activity drills Gradual return to sport/activities HEP for maintenance

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**