

# PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

## PATELLOFEMORAL INSTABILITY PHYSICAL THERAPY

**Side:**  Right  Left  Bilateral

**Diagnosis:** Patellofemoral Instability

### RESISTED LEG RAISES

- SLR @ 30 degrees
- Hip Adduction, Extension, Flexion
- Knee Flexion

### PRE PROGRESSION (PERFORMED IN 90-30° ARC)

- Multiple angle Isometrics
  - Eccentric closed chain Isotonics
  - Concentric closed chain Isotonics – i.e. Step-ups, Short arc squats
  - Eccentric open chain Isokinetics
  - Concentric open chain Isokinetics, submaximal
  - Eccentric open chain Isotonics – i.e. Knee Extension
  - Concentric open chain Isotonics, submaximal
  - Concentric open chain Isotonics, maximal
- \*\* Progress arc as tolerated in later stages of rehab

### FLEXIBILITY EXERCISES

- Achilles
- Hamstrings
- Lateral Hip/Thigh
- Lateral Retinacular stretching

### OTHER THERAPEUTIC ACTIVITIES

- Medial patellar mobilization
- EMG biofeedback
- Assess for Patellar taping benefit
- Retro ambulation
- Calf and Hip PRE's
- Muscle endurance activities
- Functional closed chain exercises for Static and Dynamic patellar stabilization
- Nordic track
- Progress to Stairmaster / Versaclimber, short arc
- Cryotherapy and Modalities prn

**UNDERLYING PHILOSOPHY: Minimize activities that involve high lateral tracking forces while stressing Quadriceps (VMO) strengthening.**

**Frequency & Duration:**  1-2  2-3 x/week for \_\_\_\_\_ weeks \_\_\_\_\_ Home Program

**Physician's Signature:** \_\_\_\_\_ **M.D.**