

UCLA OUTPATIENT REHABILITATION SERVICES	
WESTWOOD 1000 Veteran Ave., A level Phone: (310) 794-1323 Fax: (310) 794-1457	SANTA MONICA 1260 15 th St, Ste. 900 Phone: (310) 319-4646 Fax: (310) 319-2269
FOR APPTS, CALL: (310) 794-1323	
FAX: (310) 794-1457	
Place label here	
NAME OF PATIENT: _____	
MRN: _____	
Place label here	
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MRN: _____	

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
 UCLA Department of Orthopaedic Surgery
 David Geffen School of Medicine at UCLA
 10833 Le Conte Avenue, 76-143 CHS
 Los Angeles, CA 90095-6902
 Phone: (310) 825-6095
 Fax: (310) 825-1311
 CA License: A126262

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ORIF PCL FACET FRACTURE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p (LEFT / RIGHT) ORIF PCL FACET FRACTURE – Surgery Date:

1-4 Weeks:

- ___ Ambulate NWB w/ Brace Locked
- ___ ROM 0° - 90 ** LIMIT TO 100 CYCLES FLEX/EXT PER DAY **
- ___ Hip PRE'S
- ___ Quadriceps Re-education (E-stim, Biofeedback)

- ___ Active Extension 0° - 70
- ___ Passive Flexion 0° - 90
- ___ Patellar Mobilization
- ___ Cryotherapy
- ___ Continue w/ Home Exercise Program

4-8 Weeks:

- ___ Progress to FWB over 3-4 week period w/ Brace set 0 - 90 and crutches
- ___ Discontinue crutches when gait is not antalgic at ~week 6
- ___ Ambulation training in Aquatrex
- ___ Progress to full ROM
- ___ Begin Active flexion Isometrics, Isotonics, 0 - 90: CLOSED CHAIN
- ___ Multiple angle Quadriceps Isometrics, 90 - 0
- ___ Calf raises
- ___ Bicycle ergometer
- ___ LIDO exercises: Isometrics, Active Extension / Passive Flexion, Concentric / Eccentric Quadriceps
- ___ Begin Quadriceps Isotonics 0 - 70 (distal pad), Eccentric first

8-12 Weeks:

- ___ Discontinue brace based on radiographic healing
- ___ Restore normal gait
- ___ Begin squat / step program
- ___ Proximal musculature PRE's
- ___ Begin Proprioception program
- ___ Quadriceps Isotonics (knee extension) 0 - 90 (distal pad)
- ___ Begin Retro program
- ___ LIDO exercises: Isotonics, Quadriceps Eccentrics
- ___ Nordic track
- ___ Leg press in 90 - 0 arc

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12-20 Weeks:

- ___ Restore full ROM
- ___ Continue Proximal musculature PRE's
- ___ Quadriceps Isotonics (knee extension) in full arc
- ___ Begin functional exercise program
- ___ Progress endurance activities
- ___ Maintain / Improve flexibility in lower extremities
- ___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum, Quadriceps Eccentrics in 0 - 90 arc
- ___ Stairmaster / Versaclimber

20-28 Weeks:

- ___ Full arc PRE's to restore strength, emphasizing quadriceps
- ___ Agility drills
- ___ Continue functional exercises
- ___ Begin running program
- ___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum
- ___ Functional test assessment @ 24 weeks
- ___ Return to limited sporting activities

28-40 Weeks:

- ___ Restore strength, function, endurance, and agility of lower extremity
- ___ Isokinetic test at 60/second, 180/second, 240/second
- ___ Progress running program
- ___ Functional test assessment @ 24 weeks
- ___ Return to full activity

Treatment: _____ **times per week** **Duration:** _____ **weeks** ___ **Home Program**

**Please send progress notes.

Physician's Signature: _____ **Date:**

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon