

UCLA OUTPATIENT REHABILITATION SERVICES	
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Place label here	
NAME OF PATIENT: _____	
MRN: _____	

Kristofer J. Jones, M.D.

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PCL RECONSTRUCTION PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p (LEFT / RIGHT) PCL Reconstruction – Surgery Date:

1-6 Weeks s/p PCL Reconstruction:

- ___ Ambulate TTWB w/ Brace Locked
- ___ ROM 0° - 90 ** LIMIT TO 50 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

6-8 Weeks s/p PCL Reconstruction:

- ___ Progress to FWB w/ Brace set 0 - 90 and crutches
- ___ Discontinue crutches when gait is not antalgic
- ___ Ambulation training in Aquatrex
- ___ Progress to full ROM
- ___ Begin Active flexion Isometrics, Isotonics, 0 - 90: CLOSED CHAIN

- ___ Leg Press in 90 - 0 arc
- ___ 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
- ___ KT-1000 test @ 6 weeks
- ___ Brace change @ 6 weeks

8-12 Weeks s/p PCL Reconstruction:

- ___ 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

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12-20 Weeks s/p PCL Reconstruction:

- ___ 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
- ___ KT-1000 test @ 3 months

20-28 Weeks s/p PCL Reconstruction:

- ___ 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
- ___ KT-1000 test @ 24 weeks
- ___ Return to limited sporting activities

28-40 Weeks s/p PCL Reconstruction:

- ___ 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