

<b>UCLA OUTPATIENT REHABILITATION SERVICES</b>	
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## **PCL INSUFFICIENCY PHYSICAL THERAPY PRESCRIPTION**

**Diagnosis: ( LEFT / RIGHT ) PCL Insufficiency / Tear**

- Hip Strengthening
- Closed Chain strengthening
  - Leg Press
  - Squats 0° - 90°
  - Step ups, Step downs
  - Treadmill – Retro walking
  - Stair climber
- No Open Chain Knee Flexion
- Emphasis on Quadriceps strengthening
- Careful Monitoring of Patellofemoral Symptoms
- If Open Chain Extension 0° - 70°
- Modalities as needed

**Treatment:** \_\_\_\_\_ times per week                       Home Program

**Duration:** \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon**

Place label here

NAME OF PATIENT: \_\_\_\_\_

MRN: \_\_\_\_\_

**Kristofer J. Jones, M.D.**

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