

# PHYSICAL THERAPY PRESCRIPTION

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**DATE:** \_\_\_\_\_

**PATIENT NAME:** \_\_\_\_\_

**D.O.B:** \_\_\_\_\_ **MRN:** \_\_\_\_\_

DIAGNOSIS: KNEE PATELLAR INSTABILITY

Right  Left  Bilateral

SURGERY: KNEE MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION

DATE OF SURGERY: \_\_\_\_\_

## PHASE I (0-6 WEEKS) – PROTECTED MOBILIZATION AND EARLY STRENGTHENING

### ROM

- WBAT with brace locked in full extension
- CPM 1-4 hours a day
- PROM/AAROM/AROM flexion and extension in brace  
→ goal of full symmetric hyperextension and 90° flexion by 3 weeks, 110° flexion by 6 weeks
- Stationary bicycle with no resistance once 90° flexion achieved
- *Gentle* medial patellar mobilization; no lateral patellar mobilization

Strengthening – avoid any strengthening > 90° flexion (increased force on PF joint)

- Short arc quad sets, SLR with brace locked, electrical quad stim
- Isometric hamstrings, glut strengthening
- No open chain exercises

## PHASE II (7-12) WEEKS) – INTERMEDIATE PHASE

### ROM

- Unlock brace for ambulation, wean from brace by 8-10 weeks depending on quad strength
- Full AROM/AAROM/PROM

### Strengthening

- Continue quad strengthening – closed chain, bands, light weights – advance as tolerated
- Hamstring, glut strengthening
- Proprioceptive training
- Stationary bike with progressive resistance, elliptical at 10 weeks
- Aquatic therapy

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## PHASE III (13-16 WEEKS) – FUNCTIONAL REHAB AND RETURN TO PLAY

### Strengthening

- Begin limited arc open chain quads, open chain hip strengthening – progress as tolerated
- Begin light jogging in straight line – progress as tolerated
- Continue proprioceptive training

## PHASE IV (16 WEEKS AND BEYOND) – RETURN TO SPORT

Running and sport-specific balance and proprioceptive drills

Dynamic neuromuscular control with multi-plane activities

Unlimited open chain exercises

Return to play ~6 months

Treatment:  Eval and Treat or  1  2  3 times per week

Duration:  4  6 weeks

Home Program

\*\*Please send progress notes.

Physician's Signature: \_\_\_\_\_



NPI #: 1164790507