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**Physical Therapy Prescription  
 PCL + MCL Tear Rehab**

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Dx: (LEFT/RIGHT) PCL + MCL TEAR**

\_\_\_ **NON-OP**

\_\_\_ **PRE-OP**

**BRACE ON AT ALL TIMES**

**Week 0-2**

- \_\_\_ Ice / Massage / Anti-Inflammatory Modalities
- \_\_\_ Range of Motion    Active / Active-Assisted / Passive
- \_\_\_ Quadriceps and Hamstring stretching
- \_\_\_ Quadriceps Strengthening    \_\_\_ V.M.O. Strengthening
- \_\_\_ Full Arc    \_\_\_ 0-30° Arc
- \_\_\_ Avoidance of Valgus loading at all times
- \_\_\_ Straight Leg Raises / Quad Isometrics
- \_\_\_ Exercise Bike
- \_\_\_ Achilles tendon stretching
- \_\_\_ Begin weight shifts in multiple directions with SL balance holds in brace
- \_\_\_ Electrical Stimulation for Quadriceps
- \_\_\_ Hydrotherapy

**Week 2-6**

- \_\_\_ Full active ROM
- \_\_\_ Begin bilateral CKC strength, sagittal plane only. Focus on push movements. Only begin if full motion
- \_\_\_ Progress SL proprioception to unstable surface
- \_\_\_ Exercises in brace
- \_\_\_ May begin pool therapy
- \_\_\_ Core stability and endurance

**Weeks 6-12**

- \_\_\_ Maintain full ROM
- \_\_\_ Begin to introduce slow and controlled lateral motion in brace
- \_\_\_ Progress core and hip strength
- \_\_\_ Continue CKC strength. May begin to increase load at this time.
- \_\_\_ May begin single leg CKC strength push movements and hip hinge movements.
- \_\_\_ Jogging may begin in line once 6'' single leg step down is symmetric

\*Transverse plane motion can begin after 8 weeks based on dynamic quad control

**Frequency & Duration:** (circle one) 1-2    2-3 x/week for \_\_\_\_\_ weeks

\*\*All motion protocols to be done in hinged brace; Avoid all valgus stress

\*\*Please send progress notes.

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