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DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
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ORIF PCL AVULSION/FACET FRACTURE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p ORIF PCL AVULSION/FACET FRACTURE

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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