Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

PCL INSUFFICIENCY PHYSICAL THERAPY PRESCRIPTION

Diagnosis: 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