



Travis G. Maak, M.D.
 590 Wakara Way
 Salt Lake City, UT 84108
 Tel: (801) 587-7109
 Fax: (801)587-7112
 Lic. # 8234797-1205

Physical Therapy Prescription Multi-ligament Injury

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) MULTILIGAMENT INJURY (ACL / PCL / MCL / LCL / PLC)

Pre-Op

Non-Op

Acute Phase

- * Brace on at all times when ambulating. May remove brace to do therapy and HEP.
- * PROM and AROM. No restrictions of flexion angle.
- * Anti-inflammatory modalities to knee daily. Cryotherapy as needed for pain control.
- * Straight leg raises, quad sets, and short arc quads.
- * Partial weight bearing up to 20lbs to operative leg with brace locked at zero degrees
- * Electrical Stimulation to Quad if poor control
- * **Brace on at all times through week 12**

Sub-Acute Phase

- * Avoid all valgus load/stress for MCL-R, Avoid all varus load/stress for LCL-R
- * Goal of Full ROM by week 6 post evaluation
- * Quadriceps re-education (electrical stim, biofeedback).
- * Hamstring and hip progressive resistance exercises.
- * Patellar mobilization
- * Begin stationary bike
- * Weight bearing: WBAT with brace locked at zero degrees
- * Goals: SLR with no extensor lag by week 6
 Able to discontinue crutch use between weeks 6 and 8
- * **Brace on at all time through week 6**

Begin to introduce CKC push and hip hinge movements for the LE based on pain and function

- LE Push movements – Squat, step up, leg press, Total Gym, etc.
- LE hip hinge movements – RDL, SL toe touch, GHD, Bridging, hip thrusters

Continue to maintain full ROM.
 Continue to progress aerobic activity.

Frequency & Duration (circle one) 1-2 2-3 x/week for ____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**