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Patient Name:

Date:

**Knee Rehabilitation:
PCL Insufficiency**

RECOVERY / RECUPERATION PHASE:

- Restore ROM
- Quad isometrics. Quad isotonic in 90° - 30° arc
- PWB - FWB
- Leg lifts with/without weights
- Hip/hamstring PRE's
- Stationary biking
- Closed chain activities: BAPS, half squats, step-ups, leg press, Nordictrack
- Balancing for joint stability
- Patellar mobilization

LIMITED RETURN TO SPORTS PHASE:

- Progress endurance activities
- Begin agility exercises
- Begin running program
- Continue with Stairmaster, Versiclimber, etc.
- Continue with quad isometrics, isotonic, eccentrics - full arc
- Isokinetic test
- Limited return to sports with brace. Brace: 10°-140°

FULL RETURN TO SPORTS PHASE:

- Begin aggressive functional exercises
- Progress running program
- Continue / progress agility exercises
- Stress activities that demand neuromuscular control over knee and lower extremities
- Plyometrics

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD