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POSTERIOR CRUCIATE LIGAMENT INSUFFICIENCY
PHYSICAL THERAPY PRESCRIPTION:

Patient Name:

Date:

- * 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 Patella-Femoral Symptoms
- * If Open Chain Extension 0-70°
- * Modalities Needed

COMMENTS: _____

Physician's Signature: _____