THE PHYSICAL THERAPY SPECIALTY CENTER
a division of Primary Care Partners

NEWSLETTER

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IN HOME PT VS OUTPATIENT PT: WHAT'S THE DIFFERENCE?

Physical therapy is a key component of recovery for individuals managing injury, surgery, or chronic conditions, but the setting in which care is delivered can significantly impact outcomes. This blog explores the differences between in-home and outpatient physical therapy, highlighting the unique benefits and limitations of each approach. In-home physical therapy offers convenience, comfort, and personalized care within a patient's living environment, making it ideal for those with limited mobility or safety concerns. In contrast, outpatient physical therapy provides access to specialized equipment, more structured rehabilitation program progression, and opportunities for faster functional progression. By comparing these two models of care, this blog can help patients and caregivers better understand which option aligns with their needs, goals, and stage of recovery.

AROUND THE CLINIC:

Fall is here! We thought it would be fun for our staff to share with you our favorite thing regarding fall!

- **Kari** – Pumpkin Carving and campfires under blankets
- **Laurel** – College Football (Go Mizzou Tigers!!!)
- **Brad** – Making fall soups and biking in the color change
- **Tammy** – Coffee in the crisp cool fall air
- **Taylor** – Going to Apple Fest
- **Mariah** – Crock pot meals, and decorating for fall
- **Karen** – Cooler weather to enjoy outdoor activities
- **Jasmine** – Fall colors and change in weather
- **Steph** – cooking with fresh apples
- **Tara –** hunting season and scouting for hunting with my husband
- **Chris –** Bright orange and red color changes
- **Nina** – "Leaf Peeping" – looking at the fall colors

Spotlight Diagnosis of the Month

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

Diagnosis: MCL Strain

What is it?

The medial collateral ligament (MCL) allows the knee joint to move while at the same time remain stable. This specific ligament prevents the knee from moving side to side. MCL injuries can range from just a mild sprain or partial tear to a complete grade 3 rupture. When the MCL sustains an injury such as a tear, it can be painful, impair your mobility, cause the knee to feel unstable, and it can make it feel like you cannot hold your weight through the injured lower extremity.

Common Symptoms

The most common and noticeable MCL tear symptom is pain deep inside your knee and directly over of the ligament. There may also be a “popping” sensation that you may feel and hear in the knee at time of injury. Other symptoms include bruising, swelling, instability of the knee and the inability to hold up your own weight. MCL injuries are categorized based on the severity of the injury. They are classified as grades 1, 2 or 3.

- **Grade 1 MCL Tear**
  - This is classified as a mild sprain that can be caused by direct trauma to the knee. These tears are most common in athletes playing sports such as soccer, tennis, and football. The knee typically remains stable with this grade of tear. However, it will likely still be painful and tender in that inside portion of the knee.
- **Grade 2 MCL tear**
  - This is classified as moderately damaged with a partial tear to the ligament. With this level of a tear, you may notice the knee feeling loose and unstable. Pain is also typically greater and is accompanied by tenderness and swelling of the knee. In some cases, surgical intervention may be needed to fully recover from.
- **Grade 3 MCL tear**
  - This grade of tear is the most severe MCL injury because at this stage, the ligament is completely torn. In this case the knee will feel extremely loose and unstable with increased pain and swelling. When dealing with this level of severity, it is typical that it will accompany other damage to your knee such as an ACL tear or even damage to the meniscus.

How Physical Therapy Can Help: Most MCL injuries do not require surgery to make a full recovery depending on if there were other parts of the knee that were damaged. The MCL had a good blood supply which can make it much more optimal for healing. Physical therapy can help with regaining strength and mobility with various low-impact activities. The recovery time for a milder MCL sprain is typically 3-4 weeks, while higher grades that are more severe can take up to 12 weeks to heel. If you need help recovering from and/or preventing future MCL injuries, The Physical Therapy Specialty Center can help to build a customized treatment plan to meet your unique needs and goals to get back to your previous level of function. Give us a call today!

Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a $50 no show/less than 24 hour cancelation fee.