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Patient Sticker Here

Date:

**Dx: s/p ( LEFT / RIGHT ) Multiligament RECONSTRUCTION**

**ACL/PCL/MCL/LCL RECONSTRUCTION PHYSICAL THERAPY PRESCRIPTION**

**4 Weeks s/p ACL Reconstruction—CONTINUE TTWB**

- \_\_\_ Progress ROM 0 –90. Limit flexion to 90 for 4 weeks. Passive terminal extension (40° - 0°)
- \_\_\_ Quadriceps re-education E-stim / Biofeedback
- \_\_\_ Leg press in 90° - 40° arc - start with eccentrics.
- \_\_\_ Hamstring and Hip progressive resistance exercises.
- \_\_\_ Isometrics at 90° / Straight Leg Raises
- \_\_\_ Patellar mobilization
- \_\_\_ Short crank bicycle ergometry
- \_\_\_ Cryotherapy
- \_\_\_ Open brace from 0-40° at 4 weeks
- \_\_\_ Goals - 90° flexion by end week 2  
                  110° flexion by end week 6

**6 Weeks s/p ACL Reconstruction**

- \_\_\_ Aggressive terminal ROM flex and extension.
- \_\_\_ Unlock Brace and advance to WBAT, DC brace at 8 weeks if quad control good.
- \_\_\_ Begin Quadriceps Isotonics with proximal pad in 90° - 40° arc
- \_\_\_ Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
- \_\_\_ Begin retro program
- \_\_\_ Nordic track
- \_\_\_ KT - 1000 test

**12 Weeks s/p ACL Reconstruction**

- \_\_\_ Quadriceps Isotonics - full arc for closed chain. Open chain: 90° - 40° arc.
- \_\_\_ Begin functional exercise program
- \_\_\_ Isokinetic Quadriceps with distal pad
- \_\_\_ Begin running program at 18 weeks
- \_\_\_ KT-1000 test. Isokinetic test at 120°/second and 240°/second prior to running program.

**24 Weeks s/p ACL Reconstruction**

- \_\_\_ Full arc progressive resistance exercises - emphasize Quads
- \_\_\_ Agility drills
- \_\_\_ Advanced functional exercises
- \_\_\_ Progress running program - cutting
- \_\_\_ KT-1000 test
- \_\_\_ Isokinetic test at 60°/second, 180°/second, 240°/second

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Seth C. Gamradt, MD**  
**Attending Orthopaedic Surgeon**