

PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

Dx: (LEFT / RIGHT) ACL INSUFFICIENCY/TEAR

ACL NON---OPERATIVE INSUFFICIENCY PHYSICAL THERAPY PRESCRIPTION

GOALS:

- 1) RECOVERY / RECUPERATION FROM INITIAL INJURY
- 2) RESTORE NORMAL RANGE OF MOTION
- 3) MINIMIZE INFLAMMATION AND EFFUSION
- 4) IMPROVE STRENGTH IN AN ATTEMPT TO RETURN TO NON---CUTTING SPORTS WITHOUT SURGERY.

PHASE 1: RECOVERY / RECUPERATION (APPROX 4---6 WEEKS)

- Restore ROM
- Quadriceps Isometrics. Quadricep Isotonics 90 deg– 30 deg arc
- PWB --- FWB
- Leg lifts with / without weights
- Hamstring / Hip PRE's
- Stationary biking
- Closed Chain activities: BAPS, half squats, step---ups, leg press, Nordic track
- Balancing for joint stability
- Patellar mobilization

PHASE 2: LIMITED RETURN TO SPORTS PHASE (4---6 WEEKS)

- Progress endurance activities
- Begin agility exercises
- Begin running program
- Continue with Stairmaster, Versiclimber, etc.
- Continue with Quadriceps Isometrics, Isotonics, Eccentrics – full arc
- Isokinetic test
- Limited return to sports with brace. Brace: 10 deg – 140 deg

FULL RETURN TO SPORTS PHASE (APPROX 3 MONTHS POST INJURY)

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

Physician's Signature: _____

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC

